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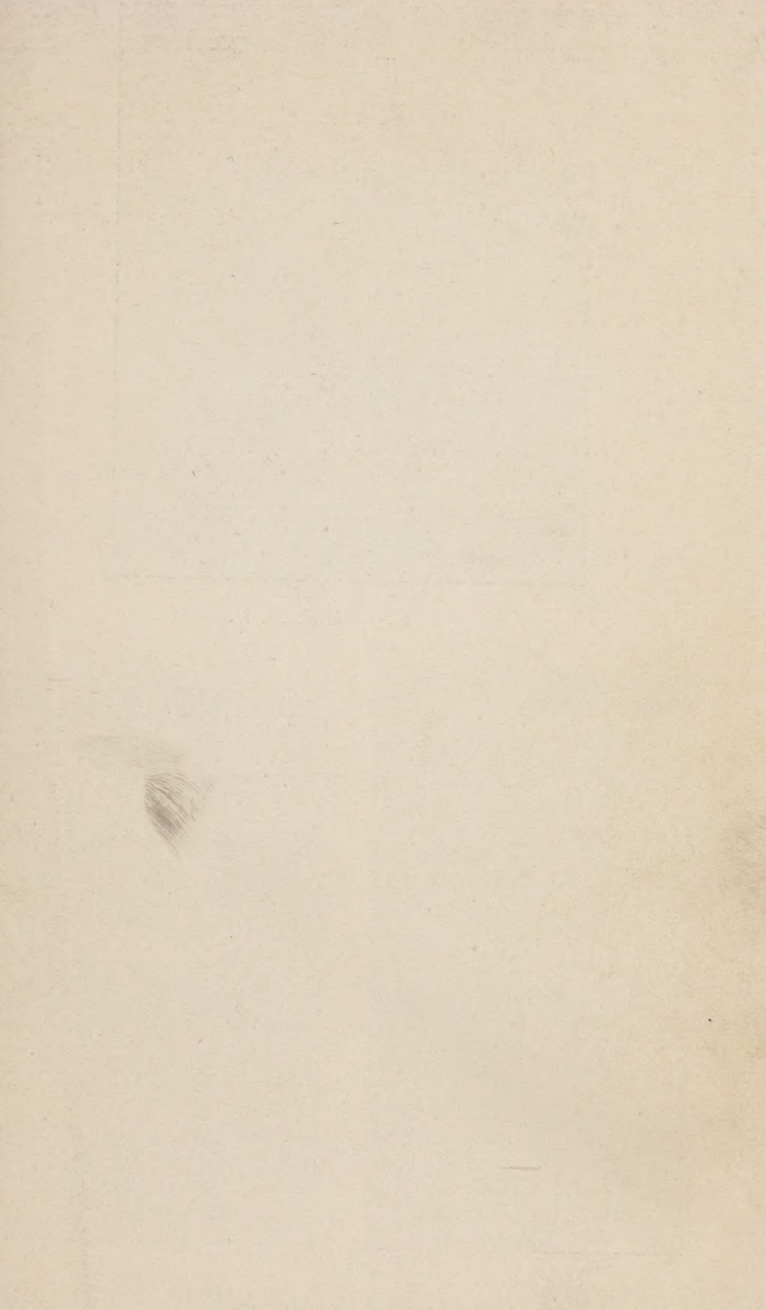


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V. P. ENGLISH, M. D.



ONE YEAR OLD.



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ROBERT GHENT ENGLISH.

THE
DOCTOR'S PLAIN TALK
TO
YOUNG MEN

ANATOMY, PHYSIOLOGY AND HYGIENE OF THE
SEXUAL ORGANS

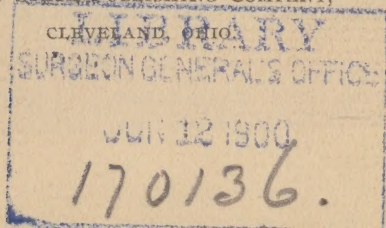
BY
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INSPIRED BY HIS INFANT SON
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PREFACE.

Facts that continue to come to our notice are constantly adding new evidence to the belief that there is great need of information along the lines treated in this book.

The commendations that we have received personally, and the commendatory letters received from strangers who have read the earlier editions, and the letters from young men who claim to have been greatly benefited by the book, all tend to increase the belief that a new edition will not be unacceptable to the public. And we send it out with the hope that it will be the means of adding to the success and happiness of the young men and all others who read it. We trust that its imperfections will be dealt with charitably and that its merits may assist the reader to form a higher estimation of a part of the body that has not heretofore been treated with the respect that its importance merits.

We fully recognize the fact that there is a great diversity of opinion concerning the propriety of educating the young regarding the uses and abuses of the reproductive organs. Many good people seem to think that the safety of boys and girls is

insured only by their ignorance regarding these subjects, while many other good people recognize in the young intrinsic qualities of morality and ambition that will lead them to choose the right if they can determine which it is. We belong to the latter class, and believe that the young will be inestimably benefited by the *Truth*, especially when it is presented in a way that fully convinces them that it is truth.

If those who believe that ignorance is the only safeguard to virtue, could insure the ignorance, there would be some grounds for such belief. But this is impossible; and what the young learn from each other, and from servants and other unreliable sources, is more error than truth. And it is the errors that do the injury. With these facts and much more convincing evidence, strongly impressed upon our mind, we decided to add our efforts in an honest endeavor to disseminate truth, and Plain Talk is the result.

The earlier chapters were written with a view of reaching and convincing the younger minds, while the later chapters were written more for minds of greater maturity. That all may be received in the spirit in which they were written, and add to the success and happiness of all young readers, is the earnest wish of the writer.

V. P. E.

INDEX

CHAPTER I.

THE SEXUAL SYSTEM, AND THE VALUE OF ITS HEALTH AND VIGOR.

Superiority of those well sexed—Instinctive admiration of girls for well-sexed boys—Impossibility of superior manhood without sexual vigor—Importance of understanding the laws of sexual health and vigor—Approach of sexual weakness insidious and seldom suspected—True sexual science far different from the vulgar ideas of the ignorant—Ignorance regarding these organs—
- - - - - 11-17

CHAPTER II.

REPRODUCTIVE ORGANS OF THE MALE.

The testicles and their function—How semen is manufactured—Where the semen is stored—The penis: its functions—Erection—How an erection takes place. 18-26

CHAPTER III.

THE FEMALE REPRODUCTIVE ORGANS.

The womb, its functions—What the womb looks like, its shape, size and weight—The ovaries, their size, shape and functions—How the ovum gets into the womb; the fallopian tube—Internal and external organs—The vagina and its relation to the womb. - - 27-33

CHAPTER IV.

REPRODUCTION, HOW IT BEGINS.

Sexual organs of plants—Pollen, fertilization—Fertilization in plants and animals similar—Different methods of fertilizing the ova of animals. - - - 34-38

INDEX.

CHAPTER V.

REPRODUCTION CONTINUED.

Seeds, the germ—Similarity of animal and plant reproduction—Nature's better care for the young of higher animals—More about semen; the animalculae—The female organ that receives the semen—Race of the animalculae toward the egg—The race continues—Life, a struggle even in its beginning. - - 39-46

CHAPTER VI.

REPRODUCTION, CONCLUDED.

Size of human ova—How a babe is nourished before birth—Superiority of the plans for protecting a babe before birth. - - - - - 47-49

CHAPTER VII.

ONLY THE BEST MALES MAY REPRODUCE.

Importance of reproduction—Nature's laws insure the best babies possible—How the best fathers possible are insured—Sexual vigor gives courage, etc—Effects of castration—Parts of the body most needed, are best developed—Male sexual vigor gives a deep bass voice—Effects of a partial unsexing. - - - 50-5

CHAPTER VIII.

WHY MASCULINE CHARACTERISTICS ARE DESTROYED BY CASTRATION.

Source of vital energy and how it is expended—Manufacturing semen expends vital force—Illustrating the loss to other organs when too much vital force is expended in one part of the body—Vital force expended cannot be recalled, but we may control and direct its expenditure—Man as a machine, eating machine—Athletic machine—Exercise develops organs—Effects of exercising only a part of our organs—Male and female qualities contrasted—Developments necessary to exhibit masculine qualities—Effects of castration. 671

INDEX.

CHAPTER IX.

SEXUAL EXCESSES AND ABUSES.

Reserve power—Vicious stallion conquered through weakness resulting from seminal losses—Life of the parent often the price of reproduction—Continence—Nature's law's irresistible—Virtuous girls—Pugilists in training—Feebleness and actual disease—Less snap and vim—Prematurely aged and decrepid—Impotency—Venereal diseases. - - - - - - - - 72-86

CHAPTER X.

AMATIVENESS AND SEXUALITY.

Creative energy—Amativeness—Signs in the face—Men most popular with ladies have large amativeness—Ladies with large amativeness are most popular—Who are the well sexed?—Physical qualities that men most admire in women—Padding and lacing, a poor substitute—What women admire in men—Mental qualities that distinguish the sexes—The well-sexed chosen first for husbands and wives—Human vs. brute methods—Large amativeness necessary to mental greatness—Impossibility of a champion athlete with small amativeness—Effects of stimulants—A lesson from pugilists—Recapitulation. 87-103

CHAPTER XI.

MASTURBATION—BEFORE PUBERTY.

Nervous exhaustion—Perverts the circulation, and enslaves its victim—Almost impossible to stop—Effects upon the mind, lack of confidence—How the mind affects the body—Others often more to blame than the victim—Brightest boys injured most. . . 104-114

INDEX.

CHAPTER XII.

MASTURBATION—DURING AND AFTER PUBERTY.

How a girl changes at puberty—The development of a boy at puberty—Vital losses during puberty especially injurious—Puberty an important and critical period—Knowledge the only safe guard—Where the blame belongs, rights of boys—Losses in masturbation include those of starvation and castration—Starvation—Results of masturbation—The victim seldom appreciates his danger—All organs of the body are affected—The masturbator can not hide his guilt. . . . 115-126

CHAPTER XIII.

SIGNS AND SYMPTOMS OF SEXUAL ABUSE.

The stomach—The intestines—The heart and arteries—The lungs—The liver—The kidneys—The external skin—Rheumatism and inflammatory complaints—Pimples—A general wasting away—The Nervous System—The brain—The mental and moral faculties—Premature old age—Melancholy—Passions and imagination ungovernable—Impotence and withering of the sexual organs—Involuntary emissions—Tired and languid—Life a burden—Insanity—Still hope for those who stop short. . . . 127-144

CHAPTER XIV.

COMMON SENSE TREATMENT FOR SEXUAL WEAKNESS.

Cause must be removed—Rest, not stimulation—Bathing—Drink—Diet—Stimulants waste vitality—The masturbator's difficulty in stopping—Constipation—Sitz baths—When to take the bath—Influence of the mind—Nocturnal emissions—Dreams—Keep the thoughts on pure and elevating subjects—Influences of virtuous ladies—Avoid temptation—Sexual intercourse not necessary to health—Re-absorption of semen vs. emissions—Controlling dreams—Still better plan—Secret thoughts—Relief of local congestion—Conscientious physicians—Passion relieved by physical exercise—Athletes—Unconscious seminal losses—Impotence, how treated—Tobacco an enemy—Value of hygienic measures. . . . 145-173

INDEX.

CHAPTER XV.

HINTS TO THE BRIDEGROOM.

The wedding night—Man and wife must be adapted to each other—Harmony and happiness—Mistakes before marriage—Attraction resulting from passion—A perfect marriage—Cause of disappointments—Begin right—Something to avoid—The reason why. - 174-182

CHAPTER XVI.

SUGGESTIONS TO THE NEWLY MARRIED.

Motherhood natural—Value of Excess Vitality—Why these changes occur—Why many brides soon fade—Illustrations—Too much physical work—Vitality wasted by intercourse—Society ladies—Abortion dangerous—A constant stock of excess vitality, the important point—Buoyancy and life destroyed by sexual excesses—Normal motherhood beneficial—Two interesting pictures—The explanation—Why love and marriage improved her health. 183-200



CHAPTER I.

THE SEXUAL SYSTEM AND THE VALUE OF ITS HEALTH AND VIGOR.

SUPERIORITY OF THOSE WELL SEXED.

All animals, including human beings, are sexed; are either males or females. And the more nearly perfect the sex, the better is the animal. The more highly a man is endowed with the qualities that distinguish man from woman, the better the man is and the more admired by both men and women. The same is true of woman. The more truly feminine she is, the greater is her popularity. Nobody admires the effeminate man, and nobody likes a masculine woman. With boys and girls it is the same. The timid, cowardly, girlish boy is treated with ridicule or indifference by the boys, and is viewed with either contempt or pity by the girls; while the bold, boyish girl is shunned by other girls and avoided by the boys. Many of the qualities that we admire and commend in one sex, we dislike in the other; because nature has given us an instinctive admiration of perfection in her works; and

the truly feminine girl and the noble manly boy are among the very best works of nature. Indeed, second only to nature's greatest works—*perfect men and women*.

INSTINCTIVE ADMIRATION OF GIRLS FOR
WELL-SEXED BOYS.

Instinctive admiration? yes. As the bird builds its nest and the beavers dam a stream and construct their habitations, and squirrels gather nuts for winter, and gather more for an unusually severe winter, and do this without being taught, and just as well the first time they try as they ever do afterwards, so will a girl just as naturally admire a boy who is noble, gallant, kind, generous and brave. In short, one who is a *manly boy*. One whose manner towards her is like that of a noble man toward a good woman. Indeed she cannot help admiring such a boy, and requires no more teaching to do so than does a bird to build its first nest. Her entire being longs for those gallant attentions that brave, generous, noble men bestow upon superior women; and the boy who exhibits this gallantry towards her will receive her highest admiration. It may be that she will never stop to think what causes her to thus admire this noble boy, but the results are just the same whether she understands the reason or not.

Indeed, we all feel a regard for him that is never given to boys deficient in these qualities.

It is said that the lower animals have instinct and that man has reason ; but there are some things that we do naturally, and admiring a noble boy is one of them.

IMPOSSIBILITY OF SUPERIOR MANHOOD WITHOUT
SEXUAL VIGOR.

But reason will aid us in discovering just what particular qualities and conditions constitute superiority in boys and men, and it is the object of this little book to teach you part of them, and *especially* one of them, and to impress you with its great importance. In many respects, it is the very most important one of all ; because without this one very important quality, none of the other attributes of nobility in boyhood or manhood can reach perfection. The quality of which we speak, is a *normal, healthful, vigorous sexuality*. When the sexual system is very weak or greatly impaired, none of the highest qualities of boyhood or manhood can be displayed in all their strength and beauty any more than can your body perform feats of strength when the digestive system is very weak, or the brain solve a difficult problem in arithmetic or algebra, when there is an attack of bilious headache.

IMPORTANCE OF UNDERSTANDING THE LAWS OF
SEXUAL HEALTH AND VIGOR.

It then becomes a matter of great importance to thoroughly understand this wonderful sexual system and to know how to care for it, and to develop its highest possible state of health and vigor, and to always remember that its health is governed by Nature's great laws just the same as is the health of brain, heart, lungs or stomach. When we violate the laws governing the health of the lungs by breathing impure air, for example, we suffer from headaches and other discomforts; and if the air is very bad, such as is sometimes found in mines and wells, death is caused almost instantly. If we violate the laws of digestion by eating unwholesome food, or indigestible things, we pay the penalty by suffering from colic, cramps, cholera morbus or some other bad feeling. So it is with the sexual system. If we violate the laws of its health we must pay the penalty just the same.

APPROACH OF SEXUAL WEAKNESS INSIDIOUS AND
SELDOM SUSPECTED.

There is usually one great difference, however; when we violate the laws of health that govern the lungs, stomach, bowels, and many other organs, the penalty is often paid by severe suffering

very soon after the violation; while with the sexual system, the suffering usually comes on so *slow and insidiously*, and its causes and indications are so vaguely understood by most people, that the mental and physical powers are often greatly impaired before the victim is aware of the dreadful condition to which he is fast approaching. Indeed, it often happens that the constitution is so greatly injured before the cause is discovered, that it is many months and even years before the most careful and persistent treatment can restore the normal health and vigor, and sometimes the entire cure is never effected.

TRUE SEXUAL SCIENCE FAR DIFFERENT FROM THE
VULGAR IDEAS OF THE IGNORANT.

Let us then more closely investigate the secrets of this great sexual system, and you will better understand its importance, and will more fully appreciate what has already been told you. In school you have studied the general anatomy and physiology of the human body, together with the principle laws of health. If you learned your lessons well you have gained a fund of valuable knowledge; but the department of the body which we now propose to investigate, is not usually studied in school, because it is not considered proper for boys and girls

to study it together. Besides this, a great many people think that boys and girls should know as little as possible about this part of the body. The author once knew a country school teacher who discovered that many of his pupils were greatly injuring themselves by violating the health laws of their sexual systems, and he kindly explained this to several of the boys. A few appreciated his kindness, but the greater number did not ; and many of their parents and friends became angry and treated the teacher in a shameful manner supposing that he had done something very censurable. Many people think there is something very impure and vulgar about the sexual organs. When they speak of them, they do so with a *sneaking, mean look and manner*, and if they are parents they try to keep their children as ignorant as possible regarding these organs, supposing that in ignorance only can there be innocence.

IGNORANCE REGARDING THESE ORGANS.

The result is, all that many of you think you know about the sexual organs is what you have learned from older boys and servants and other ignorant persons. Usually this is worse than knowing nothing at all, because the greater part of it is absolutely false and leads you to conclusions that

will be the cause of much *misery in the future* if you do not learn the truth before it is too late.

If you who have been the *victims of such false teaching* will kindly endeavor to divest your minds of all notions of vulgarity as being necessarily connected with a discussion of the sexual organs, it will aid you in acquiring more common sense, practical, scientific information. When you know more about this part of the body, you will see more plainly that the sexual organs are naturally just as clean and pure as other parts of the body. It is their abuse, not their right use that can in any sense render them vulgar. These organs are also called the *organs of reproduction*, because it is through their action that men and women are reproduced. In other words, it is by these organs that little babies begin their existence and are born into the world. Were it not for these organs, no more little babies could be born, and when all of the people who now live should die, there would be nobody in the world. How dreary and desolate that would be. A world without anybody in it.

In the next chapter, we will teach you more about reproduction, and will describe part of the organs by which it is accomplished.

CHAPTER II.

REPRODUCTIVE ORGANS OF THE MALE.

All animals and plants can reproduce themselves. The oak tree reproduces itself by bearing acorns, which fall to the ground and become covered with leaves and earth where the sunshine and warm rains cause them to sprout, take root, and grow into other oak trees. The chestnut tree reproduces itself by bearing chestnuts ; the walnut tree, by bearing walnuts ; the apple tree, by bearing apples with seeds in them ; the corn stalk by bearing seeds of corn ; pea and bean vines, by bearing peas and beans, and flowering plants by bearing flower seeds.

Does there seem to be anything vulgar in talking about trees and flowers reproducing themselves, and in studying about the organs or means by which this reproduction is accomplished ? Then, how can it be vulgar to study about men and women reproducing themselves ? Are not men and women and little babies just as important as trees and flowers ?

THE TESTICLES AND THEIR FUNCTION.

Then let us proceed at once to a study of these organs of reproduction. For the present it will be sufficient for you to understand about the testicles and penis. The testicles are the two bodies somewhat like flattened balls that are suspended between the upper part of the thighs. They are called glands. A gland is an organ that manufactures something from the blood. The liver is the largest gland in the body. It manufactures bile from the blood. The salivary glands manufacture saliva from

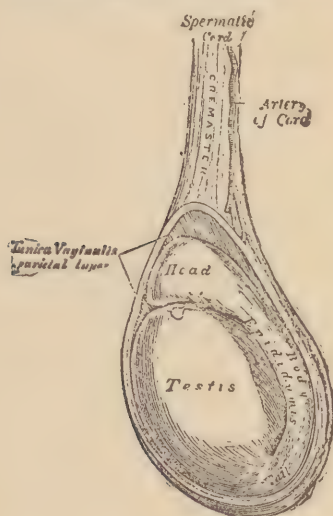


FIG. 1

One of the Testicles with part of its enveloping membranes removed, showing it as it appears during life suspended in the scrotum.

the blood. The saliva moistens the food in the mouth and aids digestion. But what the testicles manufacture, is in many respects more wonderful than either of these. It is called *semen or the seed of man*.

When we examine the testicles we find large arteries that carry pure blood to them to be used in manufacturing semen, and large veins that carry the impure blood away. Wise men have observed that when an organ is supplied with large blood vessels it is an important organ. And the large and numerous blood vessels of the testicles testify to their importance.

HOW SEMEN IS MANUFACTURED.

But how do they manufacture the semen? This is not quite so easy to explain, and it may be sufficient for you to know that they do. But there are some things that we can tell you. When the testicle is cut in two, numerous little, indistinct white lines are observed intermingled with the general pink color of the rest of the gland. If you ever have an opportunity to examine the testicles of the lower animals you can see these. (The butcher might supply you with them.) When these white lines are carefully examined under a microscope they are found to be little tubes and they are so numerous, that if

they should be dissected out and placed end to end, they would reach a long distance. It is these little tubes that take from the blood the necessary substance and *manufacture the semen*.



FIG. 2

The Testicle cut in two showing its internal structure and the little tubes that carry the semen to the Vesiculæ Seminales together with part of its blood vessels.

These little tubes join together and form larger tubes much like brooks and creeks unite to form rivers. The larger ones leave the testicles and continue to unite with each other, and the very largest

ones extend upward to the base of the bladder where they unite with little vessels.

WHERE THE SEMEN IS STORED.

The semen is conveyed through the tubes to these little vessels on the base of the bladder—the vesiculæ seminales—where it is stored and remains



FIG. 3

The Bladder, base view, showing the seminal vessels on each side, the beginning of the urethra which carries the urine from the bladder and the prostate gland at the neck of the bladder.

until it is needed, or else is lost by an abuse of these organs, as will be explained later.

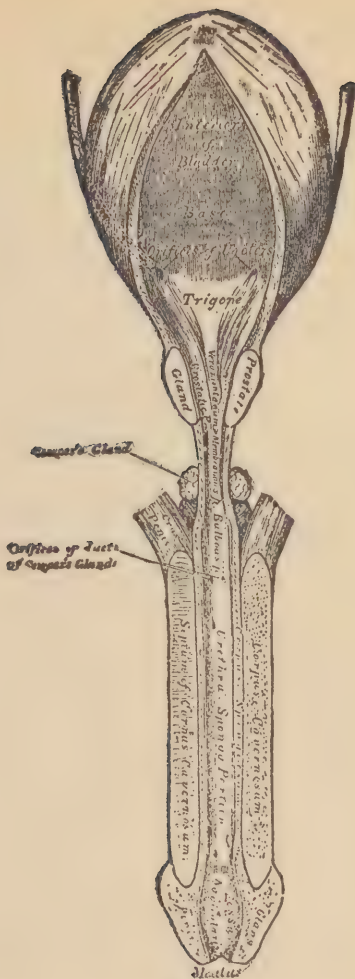


FIG 4

The bladder and penis laid open. This shows the connection between bladder and penis, and the urethra extending through the neck of the bladder and the entire length of the penis. The corpus cavernosum on either side of the urethra is the sponge-like part that is filled and distended with blood during erection.

THE PENIS—ITS FUNCTIONS.

The penis appears just above the testicles. Its origin is at the neck of the bladder, and it has two principle uses; one is to convey the urine away from the bladder, and the other is to convey the semen from the ducts of the vesiculæ seminales to the female reproductive organs.

ERECTION.

But it requires a very different kind of an organ to properly deposit the semen in the reproductive organs of woman, from what is needed to carry the urine away from the bladder. As the penis performs these two functions and performs them both well, it becomes a very interesting organ to study. In its usual relaxed condition it would be impossible for it to enter and deposit the seed in the reproductive organs of the woman. The change which takes place in the organ to adapt it to perform this wonderful function, is called erection.

But in the state of erection it cannot perform its other function any better, probably hardly so well; and it would be exceedingly inconvenient besides, and not only inconvenient, but the organ would be in constant danger as well. It would be in the way when walking and working, and would frequently be getting hurt unless the most constant



FIG. 5

Side view of the male sexual and urinary organs, showing the relation that the different parts bear to each other. Left side. The organs are represented as cut in two from before backward.

care should be taken for its protection. But how is the erection accomplished? That is a question which has puzzled many an older head, but when it is understood, it is seen to be quite simple; as, indeed, are most things that seem so strange when we know but little about them.

HOW AN ERECTION TAKES PLACE.

The greater part of the penis is somewhat like a sponge. It contains a large supply of blood vessels. When an erection is taking place, large quantities of blood are being forced into these vessels and this causes a distention of the organ. This distension enables the muscles to act and they aid in completing and maintaining the erection. When the organ again becomes relaxed, the excess of blood has simply left the organ and returned to the general circulation.

If you should take a relaxed rubber tube and force it full of water, the effect would be much like that which takes place in the penis during erection. When you permit the water to run out of the tube, it again becomes relaxed as does the penis when the excess of blood leaves it.

CHAPTER III.

THE FEMALE REPRODUCTIVE ORGANS.

It will be difficult to describe these organs so that you will easily understand them; and what the description lacks in clearness, you must supply by harder study.

THE WOMB—ITS FUNCTION.

Your attention will first be invited to the womb. This is the organ in which little babies live and grow until they are large enough and strong enough to live without its protection, when they are born into the world. You will see that the womb must be a large organ to hold a babe that will weigh eight or ten pounds as many of them do when they are first born. And some babies are even heavier. But the wombs of girls and women who have never become mothers, are quite small. It would seem impossible for them to enlarge so much, but Nature is always equal to the work she has to do. And the wombs of women who are healthful and vigorous, will enlarge without difficulty as the little babies in

them need larger homes. But with ladies who lace tightly and otherwise violate the laws of health, the case is often quite different and they frequently suffer severely at this time.

WHAT THE WOMB LOOKS LIKE—ITS SHAPE,
SIZE AND WEIGHT.

The shape of the womb is much like that of a pear, except that it is flattened on two opposite sides. If you should pull the stem out of a soft pear, and then squeeze the pear between your hands until it is considerably flattened, it will be an object almost exactly the shape of the womb. The unimpregnated womb is from two and a half to three inches long, one and a half to two inches broad at the widest part, and about one inch thick. Its weight is about one and one half ounces. During pregnancy it becomes many times heavier and often weighs no less than two pounds, but it gradually decreases in size after the babe is born until it is little larger than before impregnation. See Fig. 6 page 29.

THE OVARIES—THEIR SIZE, SHAPE
AND FUNCTIONS.

On either side of the widest part of the womb is another important organ called an ovary.

The ovaries are about the size and shape of almonds. Their relation to the female reproductive

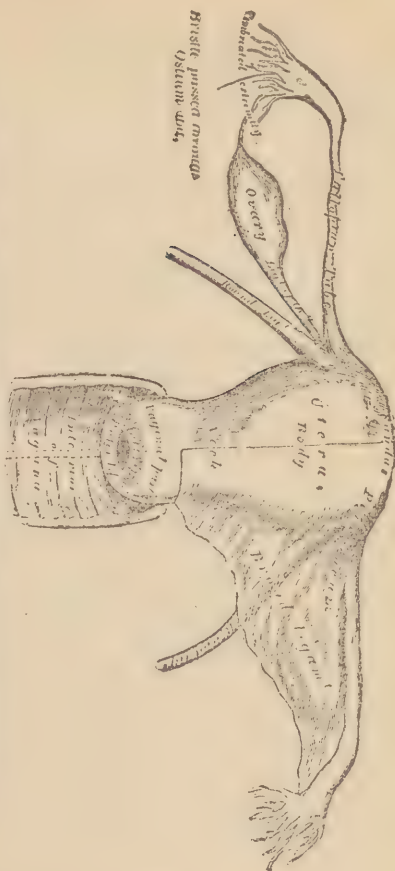


FIG 6.

Front view of the Womb or Uterus, Ovaries, Fallopian Tubes and the upper end of the Vagina. One ovary is hidden by its natural membranes. Membranes have been removed from the other. Front side of Vagina is cut away.

system is much the same as that of the testicles to the male. But instead of manufacturing semen, the ovaries develop little eggs or ova. (Singular ovum)

And the ova of the female aid in reproduction in much the same way as does the semen of the male. This will be more carefully explained in the next chapters.

HOW THE OVUM GETS INTO THE WOMB.
THE FALLOPIAN TUBE.

But how does the ovum get into the womb, as the ovaries are quite a little distance from the womb and there is no direct path between them? Here we have another beautiful illustration of Nature meeting an emergency and accomplishing her purpose. Just above the ovary is a long hollow tube that extends from the womb outward. The outer end of this tube is what anatomists call a *fimbriated or finger-like extremity*. At the proper time, the finger like extremity of the tube grasps the ovary and the ovum is deposited in the tube. If you should hold an apple or orange in both hands, it would be very much like the fimbriated extremity of the tube grasping the ovary when the ovum is being deposited in it. This tube, called the fallopian tube, conveys the ovum to the womb. On the inside of the tube are little hair like projections that are in constant motion and fan the ovum along towards the womb much like the hair in the nostrils fan out dust.

INTERNAL AND EXTERNAL ORGANS.

Anatomists in describing the female sexual system, speak of the *internal organs and external organs*. Those already described are the internal sexual organs. The parts that may be seen on the outside of the body constitute the external organs. The most apparent of these are the Mons Veneris and the vulva or external lips, but these are not of sufficient importance in reproduction to require our further attention at this time.

THE VAGINA AND ITS RELATION
TO THE WOMB.

There is one more internal organ however, that must be described. It is called the vagina. It is a collapsed tube about four or five inches long that connects the vulva with the womb.

A collapsed tube is one in which the walls lie in contact but may be separated. If the gas should escape from a toy baloon it would be a collapsed ball and the toy whistles made partly of the same material are collapsed when air is not blown into them. A long tube of this material would be much like the vagina.

One end of the vagina forms a direct connection with the vulva, but the other end does not connect directly with the end of the womb, but unites a short

distance from the end, the womb extending into it. If you could place the stem end of a pear into a collapsed rubber tube and then cause the end of the tube to grow fast to the pear, you would have an excellent illustration of the connection between the womb and vagina. At a point corresponding with the stem in the pear, there is an opening into the



FIG. 7

Left half of the female Urinary and Sexual organs, as seen from right side. They are represented as cut in two from before backward. The uterus or womb and the vagina are between the bladder in front and the lower end of the bowel (rectum) behind.

end of the womb called its os , or mouth.

This is the opening through which little babies pass from the womb into the vagina as they are being born into the world. Of course it must be a very large opening at this time; but when the womb



FIG. 8.

The female sexual organs, front view, as seen from above, showing their location in the pelvis. The body is represented as cut horizontally across. 1, womb; 2, ovary; 3, fallopian tube; 4, fimbriated extremity of fallopian tube; 5, bladder.

is not impregnated, the os is so small that a common slate pencil could hardly pass into it. But when a baby is to be born, Nature softens and otherwise prepares the walls of this opening so that the dilation often causes but little pain, especially to women who have never violated the laws of health.

CHAPTER IV.

REPRODUCTION—How IT BEGINS.

In preceding chapters we have studied the anatomy of the reproductive organs, and have learned something about their functions. We have learned that little babies are brought into existence by these organs, but we have not studied the exact plans by which this great work is accomplished. We have seen that trees reproduce themselves by bearing acorns, nuts, and other seeds, and that flowers are reproduced in the same way. But just how the acorns and seeds begin their existence, is a subject that we have not yet considered. Neither have we seen how a baby's life begins. In this chapter we will attempt to investigate that branch of our subject, and the better you understand the preceding chapters, the easier will this investigation be.

SEXUAL ORGANS OF PLANTS.

We have seen that animals are either males or females. A careful study of flowers shows that they too are sexed ; or rather, that they are the

sexual organs of the plant which produced them. The little stems in the center of a flower are not the same in flowers of different sexes. Those of the male flower are adapted to perform one function, and those of the female another. In the male flowers they are called stamens; in the female, pistils.

POLLEN—FERTILIZATION.

In order that reproduction may take place, that a new life may begin, it is necessary that something from the male sexual organs shall be deposited in the female sexual organs. In flowers, this is a yellow dust called pollen. The pollen grows on the stamens of male flowers, and is conveyed in some way to the pistils of the female flowers. It is usually done by the wind or by bees. In some flowers we find both stamens and pistils, both male and female sexual organs. It is then a very easy matter for the wind to shake the pollen from the stamens, so that it will fall upon the pistils. Or the bees moving about in the blossom searching for honey will rub against the pollen and get it on their wings and legs and bodies, and then rub against the pistils, leaving them part of the pollen. They soon fly to another blossom, carry a part of the pollen with them, and leave a supply on its pistils. A great scientist has said that flowers are bright and pretty

when the pollen must be carried by the bees from male to female flowers; and that Nature gives the flowers these bright hues so that the bees can easily find them. When the wind alone will properly carry the pollen it is produced by stamens that are not associated with pretty flowers. Depositing in a female flower the pollen from a male flower, is called fertilizing it. When the work is accomplished the flower is said to be fertilized.

In corn, the tassel is the male sexual organ, and the silk is the female sexual organ. The corn is fertilized by the pollen from the tassel falling upon the silk of the ear. If no pollen should reach the silk, there would be no grains of corn on the cob. If pollen from the tassels of two or more different kinds of corn should fall upon the silk of one ear, there would be a mixture of as many different kinds of corn as there were different kinds of pollen.

There is one very prolific kind of strawberry that produces very few if any male blossoms. It is fertilized from other varieties. The two kinds are planted near together, so that the pollen from the male flowers of the variety which produces it in abundance, can easily reach the blossoms of the other variety.

FERTILIZATION IN PLANTS AND
ANIMALS SIMILAR.

Some flowers are fertilized only by the bees; some by the wind only, others by both methods; while others, like the corn, require neither. The different parts being so arranged that the pollen will fall to the proper place without any assistance. Thus we find great variety in the form and arrangement of the sexual organs in different kinds of plants, and many different methods by which the fertilizing is accomplished. This is equally true in the animal kingdom. But the same great laws control reproduction in all of these different departments of nature, notwithstanding the great variety of methods by which they are executed. In both the animal and vegetable kingdoms something must be furnished by the female, and this must be fertilized by something from the male. In the animal kingdom an egg is furnished by the female and it is fertilized by the seed from a male. In some animals the egg is fertilized before it leaves the body of the female. In others, afterwards.

DIFFERENT METHODS OF FERTILIZING THE OVA
OF ANIMALS.

The female fish deposits her eggs in the water and the male fish then fertilizes them by depositing his seed among them. The eggs of birds, horses,

cattle, and all the higher animals are fertilized while yet in the body of the female. The eggs or ova of the higher animals, including human beings, are fertilized by the semen of the male, which is deposited in the vagina of the female, where it can pass into the womb and thus reach the ova.

You will remember how the ova are developed by the ovaries, and how the semen is manufactured by the testicles, and will now be better able to understand and appreciate the wonderful work done by these wonderful organs of reproduction.

After a blossom is fertilized, the leaves soon fall off, and the seeds begin to grow and gradually develop until they are tully matured, when they are capable of sprouting and growing into other plants like their parent plant.

But what is a seed, and how does it grow? That is a question that we have not yet studied, but it is one of importance to us, as an understanding of this will assist us in comprehending how the ovum of a woman assists in developing a baby, all of which will be explained in the next chapter.

CHAPTER V.

REPRODUCTION—CONTINUED.

SEEDS—THE GERM.

If you will carefully examine acorns and chestnuts, and the seeds of corn, oranges, melons, beans and other plants, you will find that all parts of seeds are not the same in structure; that in one end of a seed there is a part that is very different from the rest. This part is called the germ, and is no less than a miniature tree, corn stalk, bean vine or other plant; the nature of the germ being determined by the kind of the seed. The lima bean being a large seed, is one of the best for this kind of investigation. If the bean is soaked in water for three or four days, or until every part is softened and expanded, the two halves may be separated, when two little leaves and the main stem of the future bean vine will be plainly visible. In small seeds a magnifying glass will assist in making the investigation.

The germ, then, is the vital part of the seed: is the part that grows into the future tree or flower.

Of what use, then, is the rest of the seed? It must serve some purpose. We have not yet discovered an instance where Nature has wasted her forces in forming something for naught. Let us see. A plant is nourished by its roots taking sustenance from the soil from which it grows. But a germ, the baby plant, has no roots and can not be nourished in this way. Some provision must be made to furnish it plant food that it can appropriate before its roots appear. That is exactly what the rest of the seed is for. As a germ begins to grow, it draws its nourishment from the rest of the seed. That part dissolves and is appropriated by the germ which grows larger and stronger and extends its little rootlets into the soil. By the time the rest of the seed is exhausted, the roots of the germ are large enough to sustain the little plant without the assistance of the mother seed.

SIMILARITY OF ANIMAL AND PLANT REPRODUCTION.

The plans of reproduction in the animal kingdom are much like those in the vegetable kingdom.

Animals are developed from eggs as plants are developed from seeds. Eggs and seeds are similar in many respects. In an egg there is a part more highly vitalized than the rest, called the germinal

spot. The germinal spot of an egg corresponds with the germ of a seed. Life begins in the germinal spot. As the little animal develops and needs nourishment, the rest of the egg is appropriated to this purpose. The little animal continues to absorb the egg and to grow larger and stronger while the substance of the egg becomes less and less. By the time all of the egg is appropriated, the little animal is large enough and strong enough to be nourished in some other way. Little fishes hatch before the egg substance is all appropriated. The head projects from one side of the egg and the tail from the other. The little fish swims around in this way and continues to absorb the egg until all is appropriated, when it must be nourished by food, and it then begins to eat as do larger fishes.

NATURE'S BETTER CARE FOR THE YOUNG
OF HIGHER ANIMALS.

Thus you see animal life develops from an egg in much the same way as vegetable life develops from a seed. There seems to be one great plan of reproduction, but the details of this plan differ, and are more favorable to the protection of the eggs and young of the most intelligent animals. The higher an animal is in the scale of intelligence the better its young must be protected, seems to be Nature's

motto. Fishes and reptiles deposit their eggs and abandon them. Perhaps the mothers never again see them and never see the babies they produce. The eggs and young of birds are better cared for than these, but not so well as those of the higher animals. Birds build a nice nest in which they deposit their eggs. They then sit in the nest with their warm bodies against the eggs and their wings over them, thus keeping the eggs nice and warm. After a time the baby birds in the eggs have grown large enough and strong enough to burst the shells of the eggs and come out of what is then a prison to them. The old birds feed the little ones and keep them warm, caring for them very attentively until the young birds can fly and take care of themselves. The eggs of fishes and reptiles have only the rays of the sun to keep them warm enough to enable the little ones in them to grow. They are constantly exposed to danger from the time they are deposited until the young are old enough to care for themselves.

Large numbers of them are eaten by other fishes and by water birds and they are destroyed in various other ways, being no better protected than are the seeds of plants.

The eggs and young of birds have the protection of the parent birds, but it is an easy matter for

larger birds and animals of various kinds to overpower the parents and devour the eggs and young. In human beings and all the higher animals Nature protects the young much more carefully. This truth will appear more plain as we study the details of human reproduction.

MORE ABOUT SEMEN—THE ANIMALCULAE.

In order to fully understand this branch of our subject we must know more about the semen. In appearance it very much resembles the white of an egg, but when placed under a microscope a wonderful truth is revealed. The semen is found to be filled with little living animals called animalculae. In a single drop of semen there are thousands of them. They much resemble the tadpoles and embryo mosquitoes seen in the rain barrel and in ponds during warm weather. If it is the semen of a healthful and vigorous person, the animalculae are usually vigorous, healthful and active, moving about with great rapidity, darting hither and thither apparently greatly enjoying the sport.

THE FEMALE ORGAN THAT RECEIVES THE SEMEN.

The animalculae are the most important part of the semen. It is they that fertilize or impregnate the eggs of the female. In sexual intercourse, the



FIG. 9.
Animalculae.

penis of the male never enters the womb of the female. Many who have given but little study to the subject suppose that the semen is deposited in the same organ that afterwards carries the baby, but the os, or mouth of the womb is entirely too small to admit an object so large as the penis and it is altogether unnecessary. The animalculae of healthy semen are active travellers. During sexual intercourse the semen is deposited in the vagina, at or near the mouth of the womb. The animalculae immediately begin moving toward the little egg of the female.

RACE OF THE ANIMALCULAE TOWARD THE EGG.

We may imagine a great race then taking place. Only one of the animalculae is needed to impregnate the egg, but there are thousands of them already started on the journey. Which one will get there

first? Which one will unite with the egg and thus begin a new life? Scientific men are undecided regarding the exact place where the animalculae and ovum first meet. It may be in the womb, it may be in the fallopian tube, or it may be in the ovary; but just exactly where they usually meet is a matter of little importance in this connection. We know positively that they meet somewhere in these organs and that this is the way a new life begins. We may imagine that we see this great multitude of animalculae continuing the race towards the ovum. They pass into the mouth of the womb becoming more and more scattered as they proceed on the journey, the most vigorous ones getting further and further ahead of those weaker.

THE RACE CONTINUES.

Still the race goes on. Many of the weaker ones have hardly gotten into the mouth of the womb, but some of the stronger ones are nearing the ovum. The multitude is more and more scattered along the road. Only a few are in the extreme front. They continue the race with no apparent fatigue. Those at the head have almost reached the ovum. The race is almost decided. One is just a little ahead of the rest. Many are scattered not far behind the leader, but they can get no closer.

This one is destined to become the victor. The future man or woman. But a moment more and the race is over. The victor approaches the ovum. The union is made and the victory won. A new life is ushered into existence.

LIFE A STRUGGLE EVEN IN ITS BEGINNING.

In this way my young reader, your life began. The beginning of life is a struggle.

Its entire course is often a struggle. A struggle to get an education, a struggle to rise in the world, a struggle to lead a higher, nobler and better life. But in the night of discouragement, in moments of deepest gloom, you can always have one thought to encourage you—in your very first struggle you were the victor among thousands of contestants.

CHAPTER VI.

REPRODUCTION—CONCLUDED.

SIZE OF HUMAN OVA.

Whether the ovum is in the womb at the time of impregnation or not, one thing is certain; it is there soon afterwards. And the little babe can be properly developed in no other place. The ova of a woman are not large like those of birds and domestic fowls. The little birds and fowls are nourished by the eggs until they are large and strong enough to eat for themselves. Little babies are nourished by the ova for a very short time only, hence less of the egg substance is required. The ova of women are not so large as an ordinary pin head.

HOW A BABE IS NOURISHED BEFORE BIRTH.

In a few days after impregnation an attachment to the walls of the womb is made, and the little baby is nourished by the blood of the mother which passes from her womb through the naval cord of the baby

into its body. The little baby is supported in this way until it is strong enough to be born into the world when it is nourished by the milk from its mother's breast.

SUPERIORITY OF THE PLANS FOR PROTECTING A
BABE BEFORE BIRTH.

Can you imagine any plan of protection more effectual? How well every part of the reproductive organs are adapted to their work! How the little human germ is guarded against every danger. Only a little cold would chill the animalculae and destroy their lives. But they are not exposed to the cold at all. Soon as they leave the warm body of the father they are protected in the body of the mother. The womb of the woman is in a very secure part of her body. It is surrounded by a bony frame work called the pelvis, that effectually protects it against external danger. During the nine months required for a baby to become strong enough to live outside of the mother's womb it is protected from the dangers attending the seeds of plants, and eggs of birds, fishes and reptiles. If floods or fires or storms drive away the parents, the eggs of these animals would be left to their fate. When such dangers threaten the human mother, her escape insures the escape of her baby. As long as she is safe, it is safe. In its

own little home, with every want supplied it lives and grows becoming larger and larger, stronger and stronger until it is safe for it to live outside of its mother's womb when it is born into the world, and brings sunshine and love and happiness to its new home.

CHAPTER VII.

ONLY THE BEST MALES MAY REPRODUCE.

IMPORTANCE OF REPRODUCTION.

Nature evidently considers reproduction one of the most important of all her great works. To reproduce seed seems to be the greatest object of plant life, and one of the most important of all life. When the seeds are fully matured, the life of an annual plant is usually ended. When the seeds of wheat, oats, and corn are ripe, the parent plant soon falls down and decays. If the farmer does not gather his crops of wheat, and oats, and rye, and barley at the proper time, the straw soon becomes too weak to support its weight of seed and it falls to the earth with its burden. The dampness of the earth causes the grain to sprout and the farmer has lost his crop. All the forces of the plant are expended in producing the seed, and when they are fully matured the parent plant is exhausted. Nature seems to have accomplished her object and the plant dies.

Each year marks a distinct cycle in the lives of trees. As the balmy breezes of spring displace the chilling blasts of winter, the trees are all roused from

their long rest and seem to exert every effort to produce a bountiful crop of seeds. Their boughs become covered with blossoms and green leaves. The blossoms are soon displaced by the slowly developing seeds. Before winter the seeds are fully matured, and the trees have done their season's work. They now lose their leaves and will remain dormant until the time when reproduction must again begin.

NATURE'S LAWS INSURE THE BEST
BABIES POSSIBLE.

Among animals, Nature evinces equal care regarding the work of reproduction. *The desire to reproduce* and to protect their young are among the strongest propensities that animals possess. But Nature is not satisfied to leave the matter with an assurance of a large number of baby animals. She not only desires a large number, but she also desires the best possible, and her laws operate to produce this result.

(We are now about to discuss a secret worth knowing. Don't lose a single point.)

HOW THE BEST FATHERS POSSIBLE
ARE INSURED.

Nature wants *the best fathers possible* for all her baby animals. Because, the better the father is, the better the baby will be. And this is the way Nature

accomplishes her purpose: She causes female animals to most highly appreciate the best male animals. She also causes the male animals to fight for their wives, and the weak, sickly, good for nothing ones don't get any wives at all. Perhaps you think that is not fair to the weak animals, but we assure you it is certainly better for the babies. If the baby's father is weak and sickly, it can not be strong and healthful. So Nature's laws operate to secure the best fathers possible for all the babies. For example, if there are *two ganders in one flock of geese* when there are no more wives than one wants, the ganders fight until one is vanquished, when he slinks away from the rest of the flock and the geese hiss at him and gather around the victor and cackle their congratulations. They want the best gander for the father of their goslings.

If there are *two or more roosters* in one flock of hens, they fight until one is acknowledged the master, when the others all pay their respects to his royal highness by keeping at a safe distance when he takes a walk with his wives in search of worms and other delicate morsels that fowls enjoy.

Even the little birds that seem all joy, and song, and love, will fight most desperately to *vanquish their rivals in love* affairs. The writer once saw two English sparrows fighting with such desperation

that each seemed to think of nothing but the destruction of the other. They began to fight in the air, several feet above the ground, and both seemed to shut their eyes, while they continued to fly and fight, and instead of flying away from the ground, they came directly toward it, and struck with such violence that both were stunned.

They were picked up and taken into the office. During the afternoon one recovered and flew away, and the other died. These struggles usually take place in the spring, which is the time when birds are winning their lovers and sweethearts. This is the time when the sweetest bird music is heard. They sing and coo to each other to *win the affections* of the desired partner, just as human lovers do. This is the time when the peacock and other birds of brilliant plumage strut and display their fine feathers, and they do this for the same purpose that song birds sing so sweetly. If there are not enough wives for all, those that sing poorly and have plain or homely plumage, must do without any; unless they are strong enough to defeat their rivals in battle, when the beautifully dressed and talented in song must retreat before those with more physical strength.

Among wild beasts and our domestic animals the same law applies. Nature will not permit *inferior males* to become parents when there are others

much better. But to prevent the neglect of reproduction, Nature has given all an instinctive desire to reproduce, and in the absence of superior fathers, poorer ones will be accepted, unless they are so inferior that Nature considers their offspring worse than none, when she prevents them from reproducing at all, as will be explained later.

The common house *cat* seems very gentle, affectionate and inoffensive, yet the males engage in battles that are exceedingly savage, bloody and fierce.

Male *elk*, and even the *timid deer*, fight fiercely during their season of mating, and at no other time are they so well equipped for battle, as their antlers are not fully developed until the mating season, and at its close, they are shed.

When *two stallions or two bulls* meet, they at once begin a conflict to decide which is the superior. A few years ago, near Aurora, Indiana, two young stallions were turned into adjoining pastures. Although they were but three years old, they were true to their instincts, and soon tore down the fence that separated them and began a deadly battle. So desperate was the conflict that no one dared to interfere, although half a dozen men witnessed the struggle, and well knew that the valuable animals must soon greatly injure each other. The fight continued until the smaller, but more active of the two,

grasped the throat of the other in his teeth, and bit, and tore until the larger animal was dead.

SEXUAL VIGOR GIVES COURAGE, ETC.

Male animals with strong, healthful, vigorous reproductive or sexual powers, *possess a courage*, resolution and bravery that is unknown to those with these powers deficient or greatly impaired. A little bull that has almost starved to death during the winter gains strength and begins to grow in the spring. The green grass and warm sunshine develop both his sexual and physical powers. He acquires a new courage that almost makes him conceited. The steer much older and larger has hooked him around the cattle yard during the winter just as he pleased, and the little bull was glad when he could keep out of the old steer's way. But now he thinks that he will not stand that any longer, and he contends for his rights. Of course he gets whipped, but he is not discouraged and will not give up so easily. The next day he tries it again, and again he is whipped, but somehow he feels that he can and ought to be master. So he renews the conflict day after day. If he begins the fight early in the morning and gets well enough rested, he will try twice in one day. You may think the little bull is foolish, but he is acting in

accordance with his instincts, and the exercise of his muscles given by the conflict, so strengthens them that he soon is the victor and refuses to be longer bossed by the old steer.

EFFECTS OF CASTRATION.

He now reigns supreme although the steer is older, heavier and larger. But what makes this difference in them? It is this—*one is a bull*, the other is only a steer. One has a normal, vigorous sexuality. The other has been deprived of his sexual powers by castration. That is, when the steer was a little bull, man cut out his testicles and this unsexed him.

Castration has the same effect upon all other animals. If *a boy is thus unsexed*, he may grow to the stature of men but will never possess their qualities. When he has attained the age of maturity, he is no more to be compared with a well sexed man than a steer is to be compared with a bull.

Our work horses and driving horses are castrated to render them more managable. Compare a common work horse with a well sexed stallion. Observe how restless and aggressive is the stallion. How large, and strong, and noble looking are his head, and neck, and shoulders. How brave and grand he looks, and how he prances, and dances, and

neighs. He is overflowing with life, and hope, and energy, and courage. If he should be released from his harness in a pasture with one or more mares, and another stallion should appear upon the scene, a battle would begin at once. Indeed these conflicts would take place right in the roads and streets, regardless of harness and carriages, were they not prevented by the drivers of the stallions, and sometimes the whip must be used unmercifully in connection with the bits to keep the horse under control.

PARTS OF THE BODY MOST NEEDED ARE
BEST DEVELOPED.

They fight by biting and by striking each other with their feet. To be successful in this kind of a conflict, large and strong heads, and necks, and shoulders, and limbs, are necessary. Just what we find exactly. A horse castrated when a young colt would have no more chance of winning a battle with a stallion of equal weight, than a mule in winning a race with trotting horses.

When wild horses roamed over the western plains, the stallions would often visit the pioneer farmer's stock yards and drive off the farmer's mares almost as intelligently and bravely as would a human being. The *stallions* - *with the mares* for the purpose of begetting colts. They were at one time

so troublesome that a large premium was given by the state for every wild stallion that was shot or otherwise killed.

A bull fights by pushing and hooking with his head, and horns, and neck, and shoulders. To be well equipped for battle, these parts of his body must be large and strong. This is exactly as we find them to be. His horns are short, and thick, and sharp, and very strong. The steer has a small weak head, a slim and weak neck, and long, slender and weak horns.

MALE SEXUAL VIGOR GIVES A DEEP BASS VOICE.

The bull has a deep, round, strong base voice. His lowing may be heard miles away. The steer's voice is more effeminate and quite like that of a cow.

But why these great differences? It is this—Nature expects the bull to perform certain functions and has given him the powers necessary. Her purposes have been defeated in regard to the steer, and she has ceased to further prepare him for functions that he can never perform.

A boy that is castrated will never have the deep, round, base voice of well sexed manhood. It will be more effeminate, and his beard will not grow, and he will not have the courage, and energy, and manly appearance and feelings that belong to men.

EFFECTS OF A PARTIAL UNSEXING.

Now let us see if we haven't a secret right here. If castration, which completely unsexes an animal, has the effects above described, does it not look like the most reasonable thing in the world to suppose that a partial unsexing, will partially produce the same effects exactly? In other words, a partial unsexing will produce some of the effects that are produced by a complete unsexing, or it will produce all the effects, but in a milder degree. This is exactly what we find to be true. Those with deficient or greatly impaired sexual powers lack the qualities that belong to *perfect manhood* just the same as do those who are castrated; but, of course, in a less degree. Their deficiencies in manly qualities are always in proportion to their loss of sexual powers.

But how could this partial unsexing take place, and what can produce it, and how is it possible that castration can entirely change an animal, not only its figure and physical powers, but also its ambitions and the qualities of its mind?

These questions will be answered in the next chapter.

CHAPTER VIII.

WHY MASCULINE CHARACTERISTICS ARE DESTROYED BY CASTRATION.

SOURCE OF VITAL ENERGY AND HOW IT IS EXPENDED.

To thoroughly understand the subjects treated in this chapter we must refer to the fundamental principles of physiology. Those who carefully studied these principles in school, will have less work in mastering this part of our investigation. You are probably already familiar with the fact, that all our energy comes from the food that we digest just as the force that runs a steam engine comes from the fuel consumed. The combustion of the fuel liberates force. When the combustion takes place in the furnace of a steam engine, the liberated force enters water that is contained in the boiler and converts it into steam. (Heat and force are one and the same thing.) This force may now be applied to the proper part of the machinery and the engine begins to do its work. But it is the same force. The advantage in transferring it from the

fuel to the water is this—while it was in the fuel it could not be applied to the engine. Now it can. In our own bodies the same principle applies. As long as force remains in bread, and potatoes, and fruit we cannot use it to think out the solution of a problem in arithmetic, nor to give us the ability to play a game of ball ; but when we have digested these foods, and the force from them has entered our blood, then we can use it. Every physical and mental act that we perform uses a part of this force. Every idea that passes through the brain, every feeling of love or hate, of joy or sadness, of kindness or revenge, expends this force. Every time you wink the eye, or move the lips, or raise the hand or foot, vital force is expended. This is the reason that we must frequently eat a fresh supply of food. We have expended the forces of the body and can replenish them only by eating more.

If the furnace of an engine is too small, or is greatly out of repair, it will be impossible to consume enough coal or wood in it to furnish the force necessary for the engine to do its work. It is the same with our bodies. If the organs of digestion are deficient in capacity, or greatly impaired, it is impossible for them to digest enough food to produce great physical or mental ability. The scope of this book will not admit of a minute description

of digestion and other functions to which we must refer as we continue our studies. We can only state the facts here and you can secure the particulars from your school physiologies.*

It is the food which is digested that furnishes vital force. If we eat food and can't digest it, we will starve, just as surely as if we should eat none at all. Food that is eaten but not digested can give us no force, just as fuel that is put in a stove but not burned, can give no heat. Then we may consider this one of the important things to remember : **ALL OUR VITAL FORCE COMES FROM THE FOOD WE DIGEST.**

There are *four great channels through which this force is expended*. The vital organs, the brain and nervous system, the voluntary muscular system and the sexual system. We have already seen how this force is used in physical and mental work. Let us investigate a little further and see how it is expended by the vital organs and the sexual organs.

Unless the necessary force is furnished, the heart cannot beat and circulate the blood any more successfully than a locomotive can run up hill by

* A good general idea of digestion may be secured from the author's work "*How to cure Constipation.*" Price, \$1.00
Address, V. P. ENGLISH, M. D.,
Cleveland, O.

itself without steam. Neither can the lungs inhale and exhale, the stomach digest, nor the skin, bowels, kidneys and lungs carry waste material out of the body, without expending force. From the first moment of our existence to the time when we breathe our last breath, we are constantly expending force, and if it is not replenished, the reserve supply becomes exhausted and death ensues.

MANUFACTURING SEMEN EXPENDS VITAL FORCE.

In chapter two we discussed the process by which the testicles manufacture semen from the blood. You will now realize that they must expend force in doing their work, and a little further investigation will convince you that much more force is expended than you would at first suppose. The semen is made from the very best elements that the blood contains. Good physiologists say that *one ounce of semen* is equal to twenty ounces of blood. Others say that it is equal to forty, and some claim, even more. All agree that it represents a great deal of vital force, and that it cannot be wasted without great loss in health and vigor.

Now let us *recapitulate*. All our vital force comes from the food that we digest. Our food is changed into blood and is carried to different parts of the body as it may be needed. There are four

important departments to be supplied, and Nature expects every one of these to receive its proper proportion. If one uses too much, there is not enough for the other three.—*One source of supply, four avenues of expenditure.*

ILLUSTRATING THE LOSS TO OTHER ORGANS WHEN TOO MUCH VITAL FORCE IS EXPENDED IN ONE PART OF THE BODY.

Let us suppose that a large water tank is erected by the side of a railroad and filled each morning to supply four locomotives that pass each day with their trains. There is enough for all, but none to spare. If the first engineer who comes along takes too much and then wastes considerable more, there will not be enough for the other three engines. There is a *certain amount of vital force* in our bodies just as there is a definite quantity of water in a full water tank, and when this force is expended, through either of the four avenues, the body is depleted just the same as is the tank after the water runs out.

Or we will suppose there is a fine, large mill that has four departments for manufacturing four different articles—oat meal, corn meal, wheat flour and buckwheat flour. The power for this mill is furnished by a large pond of water that is kept full by a large and beautiful brook, that is constantly running into it. There is just enough water to

run all of the departments nicely. Now if some one should turn half of the water into the department for making corn meal, there would not be enough to run the other three departments, and the one would be injured by running too fast.

It is just so with the boy who uses too much of his *vital force in manufacturing semen*. His sexual system is injured by over work, and he has not enough vital force left to learn his lessons well and to compete with the other boys in physical sports.

Or to illustrate still further, suppose a boy is sent away to school with just enough money to pay his tuition, his board, to buy his clothes, and a generous amount for pleasures and incidentals of various kinds. If he spends too much of this money in pleasures, and in having what the boys sometimes call a good time, there will not be enough for the other three items, and he must leave school because he can not pay the tuition and board, or he must continue to wear the same old clothes after they have become shabby.

VITAL FORCE EXPENDED CAN NOT BE RECALLED, BUT
WE MAY CONTROL AND DIRECT ITS EXPENDITURE.

When the money is spent it is gone. When our vital force is expended, the supply is exhausted just the same; and we can determine in which

department the greater part shall be expended almost as effectually as a boy can determine in what channel he will spend his money. But the more there is expended in one channel, the less there is for the others. To *control the distribution of vital force*, we simply control the circulation of the blood containing it. This is accomplished partly through the action of the mind and partly by exercising the organs to which we desire the blood sent.

MAN AS A MACHINE—EATING MACHINE.

A man is in many respects a machine. Some are one kind of a machine and some are another kind. Some men live to eat, and they make themselves eating machines. They eat much more food than their systems can use, and their vital force is wasted in digesting it and in getting the surplus out of the body. They are sluggish, and lazy, both physically and mentally, and can do but little physical work or effectual studying, because their force is expended in digestion, and in ridding the body of waste materials.

ATHLETIC MACHINE.

Others make themselves athletic machines, and concentrate their force in the muscular system, and expend it in great muscular exercise. Others direct

nearly all of their force to the brain and nervous system where it is expended in mental work.

EXERCISE DEVELOPS ORGANS.

All organs are developed by exercise, and they CAN BE DEVELOPED IN NO OTHER WAY. When an organ is exercised, it is expending vital force and Nature will keep it supplied even if other parts have to suffer from a deficiency. If you will exercise one arm vigorously—by pounding with a hammer for example,—you will find that a larger amount of blood is being sent to it. It will become warmer and the veins will become perceptibly distended. If you practice this long enough, that arm will become much stronger than the one not exercised, but the greater the amount of vital force that it receives, the less will there be for other parts. But if it is exercised too vigorously, or too long, it becomes exhausted. It is the same with all other parts of the body.

EFFECTS OF EXERCISING ONLY A PART OF OUR ORGANS.

Many earnest students exercise their brains in hard study until they are congested with large quantities of blood, and they throb, and ache, and become hot, and eventually they become exhausted. By directing these large quantities of blood to the brain, and expending too much vital force in mental work,

the vital, muscular, and sexual systems are robbed, and they become weak. Students often pursue this coarse until the physical system becomes exhausted, and the digestive system becomes too feeble to digest enough food to supply the wants of the body. The little food that is imperfectly digested does not yield enough vital force for the entire body, so it is sent to the part most exercised, and is expended in nervousness. That is, the nerves are exercised very much, but their action is feeble and not fully controlled by the will.

I trust that we are now prepared to discuss the reasons why *castration produces such wonderful changes* in animals. The above discussion of elementary principles has been carried to considerable length, but no further than the importance of those principles justify. They will form the basis of our reasoning in future chapters, as well as this, and we will now endeavor to explain why castrating or otherwise unsexing an animal, will cause such wonderful changes in its characteristics.

MALE AND FEMALE QUALITIES CONTRASTED.

The males of all animals, are positive and aggressive. The females are negative and receptive. The male gives, the female receives. The male pursues, the female delights to be pursued. The female

sometimes seeks the male, but it is only to give her an opportunity to enjoy his positive and aggressive manner towards her. Soon as they meet, she begins to assume a passive, receptive manner. School girls often tease the boys, and will sometimes run off with their hats, simply to get the boys to run after them, or otherwise manifest a positive, aggressive attitude towards them. If the boys decline to exhibit this aggressiveness, the sport soon loses its charms for the girls, and they feel annoyed, and neglected, and often, indignant ; and frequently they feel a contempt for the boys who will not exhibit these aggressive, masculine qualities.

DEVELOPMENTS NECESSARY TO EXHIBIT
MASCULINE QUALITIES.

In order that the male may most successfully exhibit these qualities, he must possess a vigorous, well developed physical body, and the *developments of brain that give bravery*, courage and self-reliance.

These are the same qualities that he displays in his conflicts with other male animals, as we have seen in a previous chapter. But, of course, when he is contending with other males, to establish his superiority over them and to vanquish them as successful rivals, he not only exhibits these same qualities in a more marked

degree, but he exhibits others also, as we have already seen in our previous studies.

We have also seen that all organs are developed by exercise, and you will now see that a male enjoying full sexual vigor, must develop fine physical powers together with courage, bravery, independence, watchfulness, alertness, activity, energy, persistence, executiveness, self reliance and gallantry; because he is vigorously exercising the organs that give these qualities. Both in his associations with females, and his conflicts with males.

EFFECTS OF CASTRATION.

But when a very young male is robbed of his sexual powers by castration, he has no incentive to indulge in the vigorous exercises that produce those masculine qualities, and he does not. The consequence is, those qualities are never developed. If the animal is castrated when it becomes older, it will exhibit the masculine character to some extent, but far less than an adult male enjoying all its sexual powers.

Farmers raising cattle, sheep and hogs for the beef, mutton and pork, only, castrate the males when they are quite young. If they want a spirited horse, the colt is not castrated until it has become older and has developed all the masculine vigor per-

missible in the work for which it is intended. Many soldiers who wish a strong, spirited and brave battle horse, select a stallion. It was *a fine black stallion* that carried Sheridan, when he took his famous ride from "Winchester twenty miles away."

The animal that is castrated becomes fat, sluggish, indolent and lazy; because it eats about as much food as the well sexed male, but uses less in physical and mental energy, and none in manufacturing semen, leaving nearly all for the vital system, thus expending most of its energy in but one of the four great avenues.

This leaves the brain and muscular system weak for the want of exercise, and the vital system becomes strong, especially digestion, because it gets plenty of exercise and a large supply of vital force. The surplus material that is not carried off as waste, is stored up as fat, and the animal desires to do little more than eat, sleep and grow fat.

You will now begin to realize more than ever, that every department of our system is important, and that it is impossible to reach the highest state of manhood when there is lack of vigor in any part of the body, and that no department is more important than the sexual system.

How manhood is lost in sexual abuse will be explained in the next chapter.

CHAPTER IX.

SEXUAL EXCESSES AND ABUSES.

Nothing contributes more to the success of a man's life in this world than the powers he accumulates by a preservation of his reproductive energies.

Nothing forces him into inferiority more rapidly and more thoroughly than the weakness and deficiencies caused by a waste of the seminal fluid. The waste of his vital powers by the excessive use of intoxicating liquors and tobacco combined, is not excepted. By wasting his seed he loses the very essence of his life and energy, intellectual power and acuteness.

In our experience as a practical phrenologist in giving delineations of character, these truths have been forced upon our mind again and again. If we find two men with about equal *natural* abilities, but that one presents every evidence of having faithfully conserved his creative energies, while the other presents equally unmistakable evidence of having recklessly wasted his, we find that the con-

trast in their abilities to actually accomplish, is no less marked. The man who is keeping his energies constantly reduced by a frequent waste of the very waters of life, is placed at a disadvantage that will ever result in his defeat, in a competition with a man of equal natural abilities who has a large supply of

RESERVE POWER,

force and energy that is due to a preservation of his procreative powers. The one may have energies that are sufficient for the ordinary affairs of a common place life, but the other has a large reserve that he may draw upon when needed to sustain him in a vigorous and protracted contest in politics, business, law, diplomacy, study in acquiring an education, athletic sports, great moral or religious work, or in any direction that his desires may dictate. The one has reduced his energies by frequent indulgence in a *transient* physical pleasure, while the other has lived a life in harmony with the great laws of nature and has accumulated a large reserve of power that may be used in giving *permanent* pleasures or profits in whatever lines the possessor's talents, or tastes, or position in life may render most desirable.

Which do you think is the more profitable? Which can exhibit the larger sum of pleasure at the end of life? Which of the two men will at the end of life have the most to show that he has lived? Which will leave the world happier, and wiser and better because he has lived? Which of the two kinds of lives do you think it will be to your best interests to live?

Facts innumerable tend to prove the truthfulness of the statements that we have made, but our space will permit us to refer to only a few. The immediate effects of seminal losses are shown very plainly by the following occurrence:

VICIOUS STALLION CONQUERED THROUGH WEAKNESS
RESULTING FROM SEMINAL LOSSES.

A few years ago a man in the southern part of this state (Ohio) owned a very valuable but vicious stallion that escaped from his keeper and ran loose in a pasture. As the horse was so strong and powerful, and such an energetic and determined fighter, it was exceedingly dangerous to go into the pasture and attempt to bridle him. But his value greatly depreciated as soon as the horse was beyond control, and the owner offered a reward of one hundred dollars to the man who would bridle the horse and

place the reins in the owner's hands. A veterinary surgeon who understood the effects of seminal losses, went down to secure the reward. He simply had a mare turned into the pasture and the stallion reduced his energies by expending his procreative powers. The horse was then weaker and much less disposed to fight; but to make assurance doubly sure, and to increase the safety of the man who should approach the horse, in about half an hour another mare was turned into the pasture and the stallion again expended his energies. These two expenditures of the very essence of the horse's life and power, courage and spirit, left him so weak, tired and exhausted that he exhibited no disposition to further fight, and the veterinary surgeon walked up to him and put on his bridle. The horse made no attempt to resist, but even if he had, he was then in such a condition that he could have been easily subdued. His energies and courage were gone and he did not feel like making any great exertion, but preferred to submit without an attempt to resist.

The effects of seminal losses are equally depressing upon *all* other animals. Man is no exception. And the more frequent the losses, the more constant and the more marked the depression becomes.

LIFE OF THE PARENT OFTEN THE PRICE
OF REPRODUCTION.

Salmond in the rivers of the Northwest die when they have completed their work of reproduction. Dead salmon may be seen by the thousands at the head-waters of the streams after the female has deposited her eggs and the male has fertilized them. Many other animals give up their lives in reproduction. And *all* animals lose a part of their life essence whenever they expend their seed. There is, and can be, no exception to this law. The economies of nature require that it should be so, and no schemes of man can change them. Perhaps many of us would prefer to believe otherwise, but if we will thoroughly investigate the subject, and then be honest with ourselves, we must conclude that these statements are true.

But it is so hard to be strictly honest even with ourselves! Human nature is weak, and we will often find people trying to convince themselves that it is best for them to do the thing that they wish to do. In fact that it is really dangerous not to do so. We hear such arguments in regard to the use of intoxicating liquors, tobacco, and all other vices that flesh is heir to. Men and women are ever ready to endeavor to persuade themselves that they really must

do the things that they desire to do, and that they will suffer in health or in some other way if they do not.

CONTINENCE.

But there is no occasion to fear any bad results from living a virtuous life. Facts in countless numbers establish the truthfulness of this statement. The highest possible state of health and vigor require no expenditure of semen whatever under any circumstance. When a man begets a child he contributes a part of his very life essence that could be used in generating ideas or in giving him additional muscular energy. But in begetting a child, the object of the expenditure is worthy and the recompense is adequate. But when the expenditure is made for no other purpose than a transient sensual pleasure, it is using the condensed essence of his powers for an object that sinks into insignificance in comparison with the permanent advantages that may be acquired by a different use of that power. When used in generating ideas, it may result in inventions or discoveries that will bless the lives of untold millions in generations yet to come, besides bringing wealth and comfort, honor, influence and power to the discoverer and to those who are near and dear to him. Which is the more valuable?

NATURE'S LAWS IRRESISTIBLE.

If there was any chance of changing or modifying the laws of nature, or of escaping from the penalty inflicted for their violation, there might be some object in endeavoring to defy them; but, as they are absolutely unchangeable and irresistible, the wise man will endeavor to learn what they are and to harmonize his life with their requirements.

Those who use tobacco, intoxicants, opium, and other injurious things, often convince themselves that they actually derive great benefit from such poisons. Alcohol has been used to keep people warm and to keep them cool, to give them mentality and to assist them to endure fatigue.

But every scientific man who understands the action of alcohol, knows that it is impossible for it to do any of those things. And the lives of thousands and millions of men and women are every day adding to the evidence.

It is the same regarding the expenditure of semen. The most unscientific and unreasonable statements have been made regarding the requirements of health; statements that are directly contrary to the evidence presented by the lives of thousands of virtuous men and millions of

VIRTUOUS GIRLS.

The highest state of health and beauty, vigor, vivacity, fun, life, energy, enthusiasm and intellectual power is to be found in those who conserve their reproductive energies. The excess vitality and surplus energy that cause many girls to apparently bubble over with smiles and jokes and fun, is the result of a preservation of their reproductive powers. When such a girl marries and wastes these energies, she is soon transformed into an altogether different kind of being.

It is said by good authority that Sir Isaac Newton stated upon his death bed that he had never lost a single drop of semen. The grand results of his valuable life confute any claims that he may have suffered in physical health or in mental vigor and acuteness as a result of his life of entire continence. On the contrary, the evidence is all on the other side, and the discoveries resulting from the action of his vigorous mind have already blessed the lives of innumerable millions and will yet bless the lives of other millions. His name will be honored in ages yet to come. The good he has done can never die. Did it not pay to preserve his reproductive energies?

In the spring before the birds and other ani-

mals have expended their reproductive powers, they are all song and life and hope and energy. In fact, all animated nature exhibits at this time an exuberance of life and energy that is never seen after reproduction until the following spring when there has been time to recuperate. Is there not a lesson in all of these things?

Of course, a LIMITED EXPENDITURE OF THESE LIFE FORCES does not produce ill health. But it does reduce the physical and mental powers in exact proportion to the extent of the expenditures, and proportionately decreases and limits the abilities to perform either physical or mental work.

PUGILISTS IN TRAINING

for a contest, are expected to preserve every drop of the seminal fluid. They cannot afford to sacrifice in the least, so important an element of activity, power, nerve and alertness. During the contest that they are preparing to enter, they are liable to be defeated by a single unguarded moment of fatigue or relaxation from watchful alertness, and anything that would detract from their powers during the crucial test, must be avoided or they court defeat.

If continence adds to the powers of a pugilist,

it will also add to the powers of a man engaged in a more ennobling work, and we can not be wise and disregard these lessons.

I trust that it now appears plain that *entire* continence is not only not injurious to health, but that it actually conduces to the very highest state of physical and mental excellence. And that limited expenditures of the life essence, while not resulting in ill health, they do nevertheless detract from physical and mental superiority, and in exact proportion to their extent or frequency.

When these expenditures are frequent, they are then termed excesses and they reduce the vitality to a point that results in

FEEBLENESS AND ACTUAL DISEASE.

In what we might call moderate or limited excesses, especially when they have continued only for a short time, there is no actual disease, no particular suffering, no characteristic pains. But there is a general weakness and depression of the entire powers, both physical and mental. And, like old age, or the changing seasons, this lassitude comes on so slowly and gradually, that the victim seldom suspects his progressing decadence. It is only when he compares his condition with what it was

six months, or a year, or two, five or ten years before, that he realizes the changes that have taken place, and even then he seldom suspects the real cause of this increasing languor. But if his observations are correct, he will realize that he has

LESS SNAP AND VIM,

life, energy and vigor than formerly. He tires more quickly and with less exertion. He is unable to do as much work as formerly. At all events he can not do it so quickly and easily. He has less energy to use in lively and animated conversation, and in acts of gallantry and kind attentions of various kinds. He is less popular because less interesting to others. He seems to need more sleep and to require more time to recuperate. His thoughts are less active and less effective. He is more dull and takes less interest in many things that were formerly sources of pleasure and enjoyment. He is less good natured and accommodating because he has less of the energy that is required in exhibiting these qualities. He becomes more *cross, nervous and impatient*. He is less able to resist disease and is frequently the victim of colds, grip, headache, rheumatism, sore throat, or any of the

epidemics that may be prevalent, because he has less vitality with which to resist diseases.

In short, he is becoming

PREMATURELY AGED AND DECREPIT.

And the greater the excesses, the more rapidly these changes take place and the more pronounced they are and the sooner the victim has lost his manhood. And instead of occupying an honorable place among men, he is relegated to the ranks of inferiority and obscurity. As the loss of manhood becomes more marked and the effects of seminal losses become greater and greater, the victim gradually sinks into the deplorable state described in chapter XIII.

In addition to destroying his capacities for all other pleasures, the man who wastes his reproductive energies actually defeats the very purpose of this waste. The object of such dissipations is the transient sensual pleasure that he expects to enjoy. But his waste of procreative energy, by reducing his powers, greatly decreases even *this* phase of animal pleasure. The full enjoyment that may be derived from the action of an organ or faculty, whether physical or mental, can be secured only when it is in full health and vigor; and its value as a source of pleasure decreases as its powers diminish. Those with weak eyes, poor digestion

or a rheumatic limb will readily appreciate this fact. And when the victim of sexual weakness continues to persist in his folly, the reproductive organs frequently become entirely unable to perform their normal function, thus adding

IMPOTENCY

to the list of penalties inflicted by Nature for the violation of her laws.

All of these things are true of marital excesses as well as excesses outside of the bonds of wedlock. But commerce with harlots leads to still other disasters and the defeat of the very purpose of such excesses is even greater. These dissipations do not *and can not* yield the physical pleasure that their victims expect. For reasons that we can not stop to explain, such associations are exceedingly disappointing and they also have a very bad influence upon the mind. A young man associating with prostitutes would be ashamed to have his mother or friends know about his conduct, and he can not help feeling sly, sneaking and mean and is thus cultivating and developing a character that is the exact opposite of nobleness, honesty, open-hearted courage and true manhood. Beside this, he is almost certain to become a victim of VENEREAL DISEASE.

Of all diseases that affect the human family,

none are more humiliating and disgusting, painful, inconvenient and embarrassing, filthy and hard to cure, than the specific diseases of the sexual organs.

A discrepancy may seem to exist between what we have said in this chapter regarding continence, and what we say in other places regarding exercise being necessary to the development, health and vigor of all organs. Our answer is this: It does not by any means follow that an expenditure of semen is the only normal exercise of the reproductive organs. The manufacture of semen no doubt continues when it is not ejected, as will be more fully explained in future chapters, thus furnishing the normal exercise to the part of the system required in this work. And the exercise of erectile tissues is given by the erections that take place on first awakening from sleep. These erections are perfectly normal and entirely devoid of passion so long as the mind is pure and chaste. But the health and vigor of virtuous men and women is sufficient evidence that a continent life is entirely normal, and we mention the foregoing facts simply to show that our argument is not inconsistent.

My young friend, if you have ambitions, do not waste your forces. If you desire to reach the pin-

nacle of success, remember that you will need all of the powers that you possess. There are hundreds of other young men with abilities equal to yours. If they preserve and utilize all their powers, while you waste an important part of yours, the results are inevitable. You must fall behind them in the race for success. The Goddess of Fortune may cast a look of pity upon you as she passes, but her bright smiles are bestowed upon those who have become irresistible through their fidelity to Nature's laws.

The *two roads are before you*. Which will you take? The goal to which each leads is certain. There is no luck nor chance in regard to results. Nature's laws are inexorable. You can't travel one road and reach the goal of the other. A young man with superior vigor may seem to defy Nature's laws, but there will be a day of reckoning. Its distance in the future is determined only by the amount of his endurance. Given causes never produce certain results one time and other results another time. The ultimate results of any line of conduct are absolutely certain.

CHAPTER X.

AMATIVENESS AND SEXUALITY.

Teachers of occult science hold opinions regarding the details in the working of sexual laws, that differ from those of other scientists. The following are some of their ideas and opinions. We will give them for what they are worth and leave the reader to draw his own conclusions.

They say that thoughts are things; and that ideas are conceived and generated in the brain much as physical children are conceived and generated by the reproductive organs of the physical body; that ideas are the children of the brain in as true a sense as are physical children the children of the body; and that the children of our brains will bless us or curse us according to the kind we generate.

“ You never can tell what your thoughts will do
In bringing you hate or love;
For thoughts are things and their unseen wings
Are swifter than carrier doves.
They follow the law of the universe,
Each thing must create its kind,
And they speed o’er the track to bring you back
Whatever went out from your mind.”

CREATIVE ENERGY.

The teachers of occult laws also claim that the sexual system is the source of *all* creative energy, mental as well as physical, and that men will be fertile in original ideas in exact proportion to their conservation of the seminal fluid, which, they say, is the original physical representative of all creative energy in the human body.

They agree with the teachings of established science, that food is the source of our energy; that the digestion of food liberates energy which is incorporated with our bodies by the process of assimilation. But they go farther and say that a part of this energy passes into and through the sexual organs, that it is acted upon by these organs and raised to a higher and more refined state, and that it is then creative energy which may be used in generating physical children, wasted in excesses, or still further refined and then used in generating ideas; that if it is retained in the system, it is converted into lymph, which they term the waters of life, and is then carried to the brain to be used in the conception of thoughts.

So far as practical results are concerned, it really matters but little whether this entire theory is correct, or whether the semen simply represents

so much energy that may be used by any part of the body. One thing is very certain: its loss impoverishes the entire body, while its conservation invigorates every part. And the men and women who are most popular and are the recognized leaders, are those with superior reproductive powers, who exhibit the energies given by a conservation of the life essence.

AMATIVENESS.

That the reader may be able to observe and judge for himself regarding these statements, we will give some of the indications of superior reproductive capacities.

The part of the brain that governs the reproductive function, is the cerebellum or little brain. It is located in the lower and back part of the head.

The cerebellum also constitutes the organ of amativeness, which, according to the teachings of phrenology, gives love for the opposite sex.

Other things being equal, the strength of the cerebellum is proportionate to its size.

Phrenologists estimate the size and power of the cerebellum as follows: On the back part of the heads of most persons, especially adult males, there is a bony protuberance called the occipital spine. The cerebellum occupies the entire back part of the

head below this point and as far forward as the bony prominences immediately behind the ears. Its size is determined by the width of this part of the head and its distance backward from the openings of the ears.

SIGNS IN THE FACE.

Certain signs in the face also indicate the size and strength of the cerebellum. A broad, prominent chin indicates a large and powerful cerebellum; while a narrow, weak, retreating chin indicates a small, weak cerebellum. Large, full and prominent lips also indicate strength and size in the cerebellum.

A large cerebellum, with the strong degree of amateness that it gives, does not by any means imply a lack of chastity nor the reverse. But it does indicate the ability to generate a large amount of power that may be expended either in mental or some kind of physical action; and, that when it is not wasted, the possessor has a large supply of reserve power that defies the competition of those with a small development in this part of the brain. If the possessor has a coarse, gross organization, and his head, especially the front part, is small in proportion to his body, his natural inclination is to expend this force in some kind of physical action. While if he has fine hair, fine skin, (the fineness of

which may be seen by its grain in the palm), and fine-grained, thin, transparent nails, with the front part of the head large, he will be sensitive, high-toned and intellectual, and his natural inclination will be to expend his forces in some kind of intellectual activities, the particular direction of which would be determined by other developments of body and brain, a consideration of which is irrelevant to our present subject.

In other words, a large cerebellum indicates a large amount of vital power and a strong love for the opposite sex, but it does not indicate just how this power will be expended nor how well it may be conserved. But when a large cerebellum is possessed by a person who does not exhibit any of the superior attributes that we have already described, or will describe in the following pages, you may rest assured that the powers which it gives, have been wasted in some way. And you will never find the most popular and successful men and women with a small and weak cerebellum, nor a weak, narrow, retreating chin, because they do not have enough love for the opposite sex to form an incentive to be gallant, polite, attentive, winning, etc. Neither have they the physical endurance necessary to sustain them in vigorous and protracted efforts of any kind, physical or mental.

MEN MOST POPULAR WITH LADIES HAVE LARGE
AMATIVENESS.

The possession of large and healthful amative-ness, does more to render young ladies and young gentlemen popular with the opposite sex than does any other organ. It causes men to admire, appreciate, and love the ladies, and it leads to the kindness, attention and gallantry on the part of gentlemen, that win the ladies' esteem and affection. It is the men with large amativeness who are constantly saying something kind, appreciative and gallant to the ladies; who are ever ready to offer them protection and attention. These are the men whose manner and conversation with the ladies, are so gallant, pleasing and winning, that the ladies find them *irresistible*. These are the men who are well sexed. And when they have lost their sexual superiority from any cause whatever, they have also lost the incentive to those gallant words and acts, and the winning manner that was the secret of their popularity with the ladies.

LADIES WITH LARGE AMATIVENESS ARE MOST
POPULAR.

It is the same on the part of ladies. It is those who have large amativeness, and who are well sexed, that are most popular with gentlemen. You may look about among your lady acquaintances and

you can't find a single exception. They may be ever so coy, and ever so modest and refined, and ever so quiet and reserved, and ever so good, and strictly virtuous in thought as well as conduct; nevertheless, the *secret of their popularity* lies in the fact that they have large amativeness and that they are well sexed. That is,—these conditions cause their physical beauty, and their loving and attractive dispositions, that render them popular; that cause those winning smiles, those looks of love, their politeness to gentlemen and general loveliness. All actresses, vocalists, musicians, lecturers and writers who have ever become especially popular, were ladies with large amativeness and they were all well sexed. The ancients recognized these facts although they were probably ignorant of the philosophy. Their paintings and statuary and other works of art testify to the truthfulness of this statement.

WHO ARE THE WELL SEXED?

Perhaps we should explain a little more fully what is meant by the expression, well sexed. The man who is well sexed possesses the masculine qualities in a large degree. That is, he is large and strong in those organs and qualities that belong to men and not to women. A woman is well sexed, when she is large and strong in those organs and

qualities that belong exclusively to women. Nature intends a woman to be a wife and mother, and a man, to be a husband and father.

She is well sexed when she is strong in the organs and qualities that would render her a good wife and mother. He, who is, or could be, a first class husband and father.

The organs and conditions that give her these qualities, are those that fit her to conceive, bear and nurse a superior babe, and to win and maintain the gallantry, love and protection of a husband.

The organs and conditions that give him the masculine qualities, are those that fit him to win and maintain the esteem and love of a truly feminine woman, and to become the father of a superior babe, and after its birth, as well as before, to provide for and protect both the babe and its mother.

PHYSICAL QUALITIES THAT MEN MOST ADMIRE
IN WOMEN.

Let us see what these qualities are. That a woman may bear the best babe possible, in addition to the proper development of certain organs in the brain, she must have large and vigorous reproductive organs. To accommodate these organs, her pelvis and abdomen must be broad and deep. Otherwise there would not be room for a fine, large babe to live and grow until the time for it to be born.

That she may properly nourish it after its birth, her breasts must be large, - and healthful. These are the physical developments that men most admire in women because they are signs of superior feminine qualities.

PADDING AND LACING, A POOR SUBSTITUTE.

Ladies seem to instinctively understand this, and when they are deficient in these developments, they often resort to the compression of their waists to produce the contrast between that part of the body and the parts above and below. This gives an appearance something like that of the *true feminine development*, but a poorly developed bust and pelvis, with a still more poorly developed waist, is very different from a superbly developed bust, with abdomen and pelvis to correspond, and a waist that is somewhat smaller, but still large enough. Besides, lacing and padding can not produce the cast of mind, and developments of brain, that lead both to the true feminine mental attractiveness, and the physical developments that exist only to perform such functions as the mind, unconsciously to its possessor, may direct.

WHAT WOMEN ADMIRE IN MEN.

That a man may beget the best baby possible, and the best protect and provide for it and its

mother, he must be well sexed, and rather large, and have broad shoulders, and he must be strong and healthful, gallant, brave and generous. These are qualities that ladies especially admire in men.

MASCULINE AND FEMININE DEVELOPMENTS
CONTRASTED.

A woman's body is broadest at the hips and tapers each way to the extremities. A man's body is broadest at the shoulders. These developments give each the most strength where it is most needed. The woman, in the organs of motherhood; and the man, in the organs that give physical strength to protect and provide for her and the babe.

MENTAL QUALITIES THAT DISTINGUISH
THE SEXES.

The woman is more cautious and secretive. The man, more self reliant and combative. (In effeminate men and masculine women these characteristics are reversed.) This is just as their relations to each other and their babe demand.

The mother with a babe in her womb, or in her arms, is in no condition to battle with approaching danger. Her greater safety lies in flight or concealment. Her large caution and secretiveness give her these tendencies. The husband and father is the one best prepared to fight the battles. This, the

masculine character gives him the disposition to do. He loves to take the lead and assume the responsibilities of life. To be looked up to, and trusted, and admired by woman. The woman loves to have a masculine character to council with, and look up to, and trust. So we see, each is best fitted for the duties and functions that he or she is to perform in life. The best man is the one with the best masculine characteristics. The best woman is the one with the best feminine qualities. To talk about one being superior to the other, is all nonsense. You might just as well talk about the superiority of the steamship or the locomotive. Reverse their positions, and either would be poor enough.

THE WELL SEXED, CHOSEN FIRST FOR HUSBANDS
AND WIVES.

Most men and women instinctively realize these truths although but few thoroughly understand their philosophy. The ladies that men admire and love most, and wish most to marry, are the best. The men that ladies most admire and love, and desire most for husbands, and the fathers of their babes, are the best. This insures *the best babies possible*. If there are not enough men to be husbands for all of the ladies, the inferior women are not married. If there are too many men, the poorer specimens of manhood fail to get wives.

HUMAN VS. BRUTE METHODS.

Thus we see, the results are just the same in the human family as among the lower animals. Only the means of accomplishing these results are different. And, as the human male approaches the lower animals in ignorance and brutality, so do his methods more closely resemble theirs. A previous chapter explains how the males among the lower animals demonstrate their superiority by whipping and driving away all other males. The more gross, ignorant and animal males in the human family, try to do the same thing. It is not uncommon for a burly, selfish, ignorant boy or young man, to endeavor to whip or shoot the young man who secures the company of a girl that this burly fellow wants. But *superiority among men*, consists in mental and moral strength as well as physical. And what women most highly appreciate and love in men, is all the qualities of superiority, both physical and mental. And when but part of these qualities can be secured, the more refined and intellectual women, prefer the men of mental and moral superiority, with a little less physical and sexual vigor. But this does not change the law that controls their choice, and the man who is most popular of all, is the one in whom *all the masculine qualities* are superior.

LARGE AMATIVENESS NECESSARY TO MENTAL
GREATNESS.

A combination of all the masculine qualities, commands the admiration and respect of men, as well as the love of women. And in addition to the mental talents required in law, medicine, theology and trade, we find that the great leaders have large amativeness and that they are well sexed. A Beecher or a Talmage with small amativeness is an impossibility. The same is true of Blaine, Garfield, Gladstone and Bismark. Of Wanamaker and other great merchants. Of Grant, Sheridan, Stonewall Jackson and other great generals. One of the important requisites of greatness, is the physical strength necessary to support vigorous and prolonged mental work. A superb brain with a poor body, is like a superior steam engine on a weak foundation. To attempt running the engine to its full capacity, is to insure the shaking down of the foundation. Men with large, vigorous brains, and weak bodies, must moderate their mental efforts or destroy their bodies, which also means the destruction of their brains.

IMPOSSIBILITY OF A CHAMPION ATHLETE WITH
SMALL AMATIVENESS.

The greatness of all the men mentioned above, was dependent upon a superb physical development,

as well as a superior mentality. A fine physical man or woman with a deficient cerebellum is impossible, because in addition to the powers already enumerated as being conferred by amateness, this organ is also immediately associated with physical vigor. The cerebellum seems to be a reservoir for the storing up of the nerve force expended in physical exertion. And a contracted cerebellum, can not contain enough nerve force to supply the system in vigorous and protracted physical effort. It is impossible to find a single exception to this rule. All athletes of every description, have large amateness. The champions of contests in walking, running, jumping, swimming, lifting, boxing, etc., all have large amateness. They could not be sustained in their efforts without it. And when they have reduced the vigor of amateness, and exhausted its surplus stores of nerve force, they must surrender the championship to those more loyal to Nature's laws. When an athletic champion becomes the victim of sexual excesses, frequent intoxication, and other forms of dissipation, his fate as a champion is sealed.

EFFECTS OF STIMULANTS.

Intoxicants act upon the system as a whip upon a horse. The whip stimulates the horse to greater

exertion but gives him no strength. His strength comes from oats, and corn, and hay. *Intoxicants are poisons*, and they excite the system and cause it to concentrate its forces in getting the enemy out of the body as soon as possible.

This causes a more rapid circulation of the blood, and also excites other vital functions to greater action, together with the organs in the base of the brain that control the lower propensities.

It is much as if a company of congenial persons were quietly spending an evening together, when a live rattle snake should suddenly be thrown into the room. There would be great excitement and great exertion to get the enemy out, but no strength whatever would be given to any person present. On the contrary, reserve strength would be expended, and the company would all be left weaker. This would be especially marked in nervous ladies who would expend large quantities of nerve force in the nervous excitement consequent upon the fright.

Throwing a snake into a room and causing a great expenditure of force in nervous and muscular action, is no more senseless and useless than taking stimulants into the body and expending force in expelling them. The one expends vital force just the same as the other, leaving the body exhausted in proportion to the extent of the expenditure. This

leaves just that much less vital force to be expended in work or study. And not until more food is digested, can the stock of vital force be replenished.

But this is wandering somewhat from our subject, and our excuse for speaking at this length upon the effects of stimulants, is to enable you to more clearly see the results produced by *any* waste of vital force.

A LESSON FROM PUGILISTS.

We do not wish to be understood as excusing pugilism in any sense, but we can secure much valuable knowledge from a study of pugilists. John L. Sullivan was for many years champion of the world, and it seemed to be his greatest ambition. He was proud of the distinction that his superb physique gave him. But he violated Nature's laws, and had to pay the penalty. The newspapers announced that he made \$125,000.00 in a tour of nine months, which he took soon after the victory over Kilrain. This shows something about how society appreciates physical superiority. Sullivan, and every man who fought him with any degree of success, had large amativeness. But he is reported to have wasted his powers by intoxication, and in sexual excesses, and other forms of dissipation. And he was forced to yield the championship to another man with large

amativeness, and an equally superb physique, who preserved his powers by being more true to Nature's laws. Corbett could never have secured his easy victory, had Sullivan been equally temperate and careful about sexual losses and other unnecessary expenditures of vital forces.

RECAPITULATION.

Amativeness is a reservoir for nerve force, which is one form of vital force. Amativeness is also the organ that gives love between the sexes. The best specimens of manhood and womanhood, and the most popular, because best, are those who have large amativeness, and the physical organs to properly perform the functions demanded of superb men and women. The powers given by large amativeness, may be wasted in sexual excesses and other forms of dissipation, and then its possessor has no advantages over those with amativeness originally weak.

CHAPTER XI.

MASTURBATION—BEFORE PUBERTY.

Masturbation is an abuse of the sexual system otherwise than by intercourse. It is also called self-abuse, self-indulgence, secret vice and various other names. It consists in such a handling or manipulation of the sexual organs, in connection with lascivious thoughts, that the passions are unduly excited. Boys that are victims of this pernicious vice, and who are old enough, usually continue the manipulations and excitement until semen is discharged. If the act is frequently repeated, but one result can follow. And that is awful enough to appal any but the totally depraved. It is nothing less than a gradual destruction of mind and physical vigor, which will eventually end in a miserable death. Our studies in previous chapters enable us to see what must be the results of this vice, so far as men are concerned, and boys who are old enough to manufacture semen, but how it greatly injures the younger boys, is not so clear. That we will try to explain.

NERVOUS EXHAUSTION.

The act is associated with a nervous excitement, that is very exhausting, and altogether unnatural at this age. It is an expenditure of nerve force that ought to support other parts of the body, and its loss weakens every part. Before the age of developing manhood, the sexual organs are but little if any larger than in babyhood. This is sufficient evidence that Nature intended the sexual system to remain dormant at this time. The organs required in urination, are perfectly adapted to that purpose, but none of the parts are adapted to purposes of reproduction. And a great excitement of the sexual passions at this age, prevents the normal development of youth by directing too much nerve force to parts that should remain dormant, which robs other parts that ought to be well supplied.

An excitement that would have but little effect upon mature manhood, may be decidedly detrimental to boys.

PERVERTS THE CIRCULATION AND ENSLAVES
ITS VICTIM.

An excitement of the passions also draws too much blood to the sexual organs, which not only robs other parts of the body, but injures these parts by congestion, causing irritable, feverish, uneasy

sensations in the sexual organs, that lead to a handling, rubbing and scratching of the parts, that still further augment the congestion and irritation, which are often so great that the victim can hardly resist the temptation to repeat the friction and scratching, even when he strongly desires to do so, and he will sometimes manipulate the organs unconsciously. This tends to excite lascivious thoughts, which again re-act upon the organs and increase their excitability. The mind and these parts are so intimately related, that one quickly affects the other. Lascivious thoughts excite the passions. Friction and other irritation of the sexual organs tend to excite lascivious thoughts. Thus, one excites the other, and when a boy once becomes the victim of masturbation, it is very difficult for him to free himself from the vice, and the oftener the act is repeated, the more difficult his freedom becomes, and it is rendered still more so because these wrongs also cause a loss of will-power and stability of character.

ALMOST IMPOSSIBLE TO STOP.

Men often boast that they can drink intoxicating liquors, or they can let them alone. But if they continue to drink them, the appetite becomes more and more perverted and unnatural, and the will-power becomes weaker and weaker, until there

comes a time when it is next to impossible for them to free themselves from the habit without the aid of treatment, and the influence of minds stronger than their own. It is the same with the victim of masturbation. There is a time when he can very easily release himself from the coils that are being slowly wound around him. But there will come a time, if he continues the vice, when it will be impossible for him to regain his freedom without the aid of treatment, and the assistance of a mind stronger than his. And his prospects are rendered still more gloomy, from the fact that there are so few physicians who thoroughly understand how to relieve these troubles. Many of them often make the patient's condition worse instead of better.

EFFECTS UPON THE MIND—LACK OF CONFIDENCE.

Masturbation also has a very bad effect upon the mind. An effect that is very humiliating. As the vice is practiced in secret, and its victims are afraid and ashamed to have anybody see them engaged in the act, or to know that they have been guilty of it, a mean, deceitful, sneaking, cowardly disposition is cultivated. One of the most reliable signs of the vice, is a lack of confidence that it produces in its victims, which is displayed in their inability to look people honestly in the

face, and in various other ways. They are especially afraid of girls, and avoid them whenever they can. If forced to come into their presence, they dare not look at them. If they must talk to them, they direct their gaze to one side or towards the floor. Their lascivious day dreams picture such exquisite and angelic loveliness in girls, that they look upon them as almost more than human, and so queenly and refined that they shrink from their gaze, instinctively realizing that their own guilt is revealed in their face. They are thus cultivating characteristics that are directly opposite to those displayed by superb manhood. These thoughts alone, habitually prevailing in the mind for a long time, will render the victim inferior to boys whose thoughts are full of hope and courage and self-reliance.

HOW THE MIND AFFECTS THE BODY.

Few persons have any idea how great is the control of the mind over the body, and that it is impossible for the mind to act in any particular way for a long time, without affecting the body thereby. Joy, hope and love accelerate the circulation, increase mental and physical activity, invigorate the muscles and tone up the entire system. Grief, fear and disappointment have a depressing influence, decreasing the vigor of the muscles, prostrating the

nerves, impairing digestion and lowering the tone of the entire system. Note the movements of a boy who is compelled to carry in wood on a holiday instead of being permitted to go fishing as he desires. How slow and languid his movements. If he is now told to quit work and join his companions in their sports, how different he moves. He is another boy, altogether. Not merely in appearance, but he actually feels different, physically. And the change in his body, is due to the happier state of his mind. The mind actually controls many of the physical functions. Let us take digestion for an example. Many persons have really become dyspeptic in a few days, by grief, fear or disappointment. A man who owned a mill that was furnished with power by a large pond of water, awoke one morning to find that the dam had broken, and the water escaped. He was greatly grieved at the loss, and worked very hard in repairing the damage, taking his meals irregularly and eating too fast, and with his mind upon the losses. By the time the dam was repaired, his digestion was greatly injured. In other words, he was suffering from a severe attack of dyspepsia. A little child often comes to the table hungry and impatient to begin eating; but something happens to disappoint it, or excite its anger, and it at once loses its appetite. People often think that it

refuses food because it is contrary, but it is not then hungry, and the fluids that aid digestion have ceased to flow. After it recovers from its grief and anger, it is again hungry, and the fluids for digestion are again flowing. Had it been compelled to eat while the digestive fluids were suppressed, its digestive organs would have been injured.

Pepsin is obtained from the digestive fluids of the stomach. Usually from the stomachs of pigs. The little pigs are kept without food for several hours, until they are very hungry and are squealing for nourishment. Then some kind of food that pigs enjoy very much, is brought so near them that they can see it and smell it, but can not reach it. The eyes report, here it is almost within reach; and it looks so juicy and good. The nose reports, it smells exceedingly nice, and we will certainly get it soon. Have the digestive organs send out large quantities of digestive fluids, and have everything ready. It won't be long, now.

As the mind receives this information, it sends word to the digestive organs, and they obey the instructions. All these different parts are connected with the brain by nerves, and through the brain, with each other, much in the same manner that different parts of a city are connected by wires with the central station of a telephone system, and

through it, with each other. The mind suggests that the limbs might be able to push the pig through the fence, so they try hard, but the hole is not big enough, and the pig gets his nose hurt, but he keeps right on squealing and trying to get the food, and the mind urges the digestive organs to send out more fluids, and to be certain that everything is ready when the food is at last reached. The saliva, one of the digestive fluids, runs from the pig's mouth, and large quantities of pepsin flow into its stomach. When all the pepsin possible has been secreted, the pigs are killed, and the pepsin preserved to be used in medicine, chewing gum, etc.

Other parts of the body, and the secretion of other fluids, are controlled by the mind in the same way.

The mother and children of a family on the frontier, were attacked by indians, during the absence of the husband and father. The mother fought bravely, and defended their home successfully, but her fright had so altered the secretion of her breast, that it was poisonous; and her little babe, that was nursed soon after, suddenly became very sick, and in a short time it died.

So you see, the mind has a wonderful influence over the body. We have tried to make this plain to you, because it is very, very important, and is

usually disregarded in works of this kind, and because we will have occasion to again refer to it in the chapter on the treatment for sexual weakness.

OTHERS OFTEN MORE TO BLAME THAN
THE VICTIM.

Boys are not always really to blame for abusing their sexual systems by masturbation, because they are usually ignorant of its results, and are often the victims of false instruction. The younger boys often congregate with older boys, who tell vulgar stories, and indulge in conversation regarding girls, and sexual intercourse and masturbation. This excites both the intellectual curiosity and the sexual passions of those less experienced. Even men are often guilty of conversation in the presence of boys, that can have no other effect than to leave false impressions, and to render the boys curious, and anxious to experience for themselves the sensations that they have heard described, and sometimes larger boys, and even servants and other ignorant and vicious men, actually teach boys to defile themselves.

BRIGHTEST BOYS INJURED MOST.

But if the boys are not really taught to perform the act, the stories and exaggerated descriptions of the pleasures to be derived, very naturally lead them

to experiment with themselves. Indeed, nothing else could be expected, especially if the boys are bright, and smart, and natural investigators. And these are the boys that will be most seriously injured. Those with poor brains, and coarse, sluggish, good-for-nothing bodies, will be much less seriously effected, and may seem to hardly be effected at all. But the bright, active boys, who are all life, and fun, and energy, and earnestness, who always know their lessons, and who enjoy pleasures so keenly, and who suffer so severely from pain, these are the boys who are injured the most. And these are the boys likely to carry the abuse to the greatest extremes, and who will experience the greatest difficulty in abandoning them. These boys have too much good sense to become the victims of this vice, if its dangers are pointed out to them in time, and these are the boys worth saving. This book is written especially for their benefit. They are easy to save by proper instruction given in time, and are the boys who will then make the kind of men that the world needs. But when they are too well informed regarding the evils of masturbation to become its victims, even then they should avoid the society of those who tell vulgar stories and engage in lascivious conversation, because all such associations have a bad effect upon the mind, to say the least.

Oh, boys, keep your minds and bodies pure. You can not afford to prevent the normal development of youth, for the little pleasure that you expect to receive from this violation of Nature's sexual laws. The little pleasure that might be derived, is greatly exaggerated in your mind through hope induced by untrue stories that you have heard, and it is ten thousand times counterbalanced by the misery it causes. Think of your mothers, and sisters, and the pure girl friends who will delight to associate with you as long as you are worthy of their esteem. But when you have lost your manly instincts by perverting your sexual powers, they can only look upon you with pity and disgust. These violations of Nature's laws never yield the pleasure that their victims expect. They can not. And they impair the mind and body until the real pleasures of life are impossible.

CHAPTER XII.

MASTURBATION—DURING AND AFTER PUBERTY.

At the age of fourteen years, or about that time, a great change comes over girls and boys. In warm countries, it is usually earlier. In cold countries, it is often delayed until the age of seventeen or eighteen years, and sometimes, even later. It is called puberty, and is the time when girls and boys begin to develop into women and men. The change equally affects both body and mind.

HOW A GIRL CHANGES AT PUBERTY.

The breasts and reproductive organs of a girl, grow very rapidly at this time, and the vulva and parts immediately above, become covered with hair. Menstruation commences, and the ovaries begin to ripen little eggs.

The change in the mind is no less marked. She becomes more strongly attracted by young gentlemen, and appears much more lovely to them. Her voice becomes softer and sweeter, and more like that of a mature woman. She is more insinuating and

modest, more loving, and lovable. Only a few months ago, she might ride around the room on the back of a boy for a horse. Now she would be shocked to think of such rudeness. In short, she is now becoming a woman, and is capable of bearing a babe. Of course she should not until the change is complete, and she is a more mature woman.

THE DEVELOPMENT OF A BOY AT PUBERTY.

The change in boys is equally great. A boy often grows more in one year at this time, than in five or six years immediately before. His beard begins to appear, and his voice changes from that of a boy, to the stronger and deeper tones of manhood. Sometimes the change in the voice is such that the boy loses control of it, and when he tries to talk, he squeals. (This is a bad sign, and suggests something wrong with the sexual system.) The tendencies of his mind change, and he becomes more interested in the conversation of men, and less in the sports of boys. His reasoning powers become much stronger. Principles in grammar, and arithmetic, and philosophy, that he found difficult to perfectly understand a few months ago, are now perfectly plain to him, and other lessons that were then difficult, are now easy. Girls appear so much more lovely to him than before. He is surprised to find them so

much more interesting than he had supposed them to be. And he becomes gallant, and polite, and attentive to them. The change in the sexual organs is very great indeed. The penis increases in size very much, and the testicles become many times larger, and the parts become covered with hair. The testicles now begin to manufacture semen, and the developing youth gradually changes into a young man, and is capable of reproduction. Of course he could not be the father of as strong, large and vigorous babies, as he can after mature manhood, providing he preserves his powers. And he should not marry and reproduce until he is capable of begetting fine babies.

VITAL LOSSES DURING PUBERTY ESPECIALLY
INJURIOUS.

Now let us reason a little. These great changes and rapid growths must require a larger amount of materials for building the body, furnishing blood to be used in making semen, and to supply the force necessary for the additional activities of the brain. This will necessitate eating more food than formerly, which ought to exhibit a greater appetite in boys at this time. This is exactly what we find to be true. Boys often eat more at the time of puberty, than full grown men who are working hard. This gives the

digestive organs much more work, and also all the organs that carry waste materials out of the body. Would you not think it very foolish indeed to impose still heavier tasks upon these organs that are already working very hard? If any great quantities of nourishment or vital force are expended for other purposes than building up the body and brain, don't you think the normal development of body and mind would be perverted? Of course it would. No other result could be possible. And this is exactly what is done, when boys use this nourishment and vital force in making semen, and then waste the semen by masturbation or in sexual intercourse.

The vital organs of girls, at puberty, are often so weak, through lack of physical exercise, too great mental excitement, or some other debilitating causes, that the development into womanhood can not take place. There is not enough vigor in the digestive organs and other vital parts to do the work required to support the rapid growth and development necessary to make this change. Such girls can not menstruate, and are weak, and often pale, and sickly looking, and are said to be suffering from anaemia, or a weakness, or derangement called by some other name

PUBERTY AN IMPORTANT AND CRITICAL PERIOD.

Of all the periods in the life of a boy, that of puberty is the one when masturbation is the most destructive. He needs all his nourishment and vital force to support the rapidly developing body and brain, and any great waste at this time will produce results that can never be entirely undone by ever so true a life afterwards. Yet this is, of all times, the one when he is most likely to become the victim of injurious acts and thoughts. He suddenly comes into possession of powers, impulses and feelings that are new and strange to him. He has not the power to control these, that a few years of experience will give. If he is susceptible, bright, active, excitable and a natural investigator, he has an intellectual curiosity to experiment and investigate, aside from the desires prompted by passion. As he handles the penis during urination, he notes its great increase in size; and when he is bathing or changing his clothes, he notes an even greater growth of the testicles, and that a covering of hair is appearing upon the parts. Can we wonder that he is surprised, and curious to understand more about what all this means? If the boy is ignorant of the results caused by masturbation, could it be expected that his conduct would be the wisest possible under these circumstances?

KNOWLEDGE THE ONLY SAFE GUARD.

If a small boy should be given a watch, revolver or any other delicate and valuable machinery, who would expect him to use them wisely? If they were given to a gray haired savage, no better result could be expected. It is not the age, but the amount of knowledge and judgment that would render a watch and revolver safe in the hands of a boy, and that would render him and others safe.

The sexual system is equally complicated, and important, and dangerous. It is equally adapted to excite the curiosity of boys and lead them to investigate. A watch or revolver may be kept out of their possession. Not so with the sexual system. All boys must possess it, and we believe that they ought to be taught how to take care of it, and that their only safety is in this knowledge.

The health and vigor of a boy, and his prospects in life depend very much upon the health and vigor of his sexual system. Gray haired men will soon pass off the stage of active life. The boys of today will then be the "men of action." It is to the interest of society that our men be the best possible. It then becomes the duty of us all, to do what we can to teach boys the health laws governing their sexual systems. This is most emphatically true when we are parents or teachers. The best interests of

the whole Nation are involved in this subect. Our ability to maintain a position of honor, influence and power among the great nations of the world, depends upon the health, vigor and talents of our men and women. Men and women are developed from boys and girls. Hence, the position that we hold depends upon the kind of boys and girls we possess. It is then to the best interests of the nation, that our boys be properly instructed regarding their sexual systems. And our public schools should include sexual science in the list of studies that boys are required to take; as they do not, this knowledge must be secured from other sources.

WHERE THE BLAME BELONGS.

RIGHTS OF BOYS.

It is the purpose of this book to give such information, and to give it in language that boys can understand, and that will interest them. We believe it is knowledge that most boys want; and, as we have before intimated, we believe that parents and teachers, and others, are often ten times more to blame for the wrongs that boys do their sexual systems, than the boys themselves are. Older boys and servants, are often to blame for actually teaching the younger boys to do wrong. Parents are to blame

for leaving their boys in the ignorance that permits them to become the victims of vicious influences. Every sense of right and justice entitles the boys to a proper understanding of their sexual systems, and it is just as much the duty of parents to see that they get it, as it is to supply food and clothing or other educational advantages. All of these other advantages, are of but little moment to a boy when he has ruined himself by self-abuse.

But, when the results of sexual wrongs are timely pointed out to a boy; if he then prefers to violate the health laws, of his sexual system, he deserves the penalty.

LOSSES IN MASTURBATION INCLUDE THOSE
OF STARVATION AND CASTRATION.

But let us resume our study of the results produced by masturbation. We find that there are two great classes of these results. One, closely resembles those produced by castration, and the other, those of starvation. Both of these have already been discussed to some extent, but we trust it will prove profitable to study them more closely.

STARVATION.

There are three conditions that cause starvation. One, is to be deprived of food, or of food sufficient in quantity and quality. Another, is

to be unable to digest the food that is eaten. And the third, is when the digested food is prevented from reaching the parts of the body requiring nourishment. The last, is the method that destroys the victims of sexual losses. Their digested food is used in manufacturing semen, and the semen is wasted. It is just about the same as starvation caused by a tape worm. A person with a tape worm in the intestines, may digest food all right; but the digested food is appropriated by the worm, instead of being permitted to nourish all parts of the patient's body

RESULTS OF MASTURBATION.

Let us then see about what symptoms we should expect to find in the victims of masturbation. In the first place, we must recognize the fact, that Nature tries to do her work, well. When there are great demands made upon the system, Nature tries to meet these demands as nearly as she can. The victim of masturbation is wasting his food in making unnecessary semen, which would leave other parts insufficiently supplied; but Nature endeavors to meet the greater demands, by increasing the appetite and digesting more food. This is very liable to lead the masturbator to think that his vice is really a good thing, and the increasing appetite is encouraged. Many people believe that the more

they eat, the healthier they are. But the increased work of the digestive organs sooner or later proves too great, and they become exhausted, and unable to perform a normal amount of work, and the deluded victim of sexual losses is also the victim of dyspepsia.

THE VICTIM SELDOM APPRECIATES HIS DANGER.

The entire course of the accumulating results, produced by sexual losses, is so gradual and insidious, that their victim is not aware of the fate that is surely approaching. In other words, great injury has been done before the patient discovers that his vice is harmful. And it is then too late to prevent the distressing conditions that it causes.

Young men sometimes believe that sexual excesses and perversions must be wrong, but they don't know just how wrong, and they think that they will indulge until they discover the evil results, and then cease. But, as we have already seen, they can not recognize these wrongs until it is too late to escape their baleful consequences. They affect the body and mind in so many different ways, and the symptoms are so nearly the same as those of other diseases, that it is about impossible for a young man to rightly interpret them unless he is especially well informed.

ALL ORGANS OF THE BODY ARE AFFECTED.

Not only the digestive organs of the masturbator are overworked, but all the other vital organs, also. The kidneys, and lungs, and bowels are unable to carry the increased quantity of waste materials out of the body. He becomes constipated, and his breath is foul. His skin seems dirty and slimy, and he becomes broken out in pimples and other eruptions. The brain being insufficiently supplied with nourishment, loses its vigor, and the victim suffers from loss of memory, and is unable to perform the normal amount of mental work. Many students compelled to leave school because of failing health and strength, have reached their condition by sexual wastes. Their weakness or disease may be called by some other name, but masturbation is its cause.

THE MASTURBATOR CAN NOT HIDE HIS GUILT.

It would seem more generous to the dupes of masturbation, who may have erred through ignorance, to omit an enumeration of the symptoms and signs of that vice; but this would be unjust to others, who have a right to know what they are. Many of the deluded victims of masturbation, suppose that their conduct is a secret known only to themselves, but the signs of their wrongs are written upon their

faces, and in their entire bodies, in language as plain to those who understand it, as the letters upon a printed page. Many intelligent ladies and even girls understand these signs, and the conduct of the masturbator is proclaimed even to them, from whom, of all persons, he desires to keep his guilt a secret. But he can not hide his guilt, unless he hides himself. And he can never remain completely hid, except in his grave.

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CHAPTER XIII.

SIGNS AND SYMPTOMS OF SEXUAL ABUSE.

In addition to those already given, the following is a partial list of the signs, symptoms and conditions by which the masturbator proclaims his vice to the world. Most of them are taken from the lectures of Dr. Graham.

The majority, however, are conditions found only in advanced and severe cases. They were never *all* exhibited in any one case. Some of them will be found in one patient, and others, in other patients. It is not probable that the average reader will ever see many of these severe cases, because they are usually taken to asylums, or hospitals, or kept *secluded*, at home. It is only by an examination of a large number of cases that a physician ever finds all of the deplorable and distressing conditions enumerated below. Indeed they would *all* destroy a patient's life almost immediately. But as the vice continues, part of them are absolutely certain to appear. One being exhibited after another, until the patient can no longer withstand his accumulating

afflictions, when he sinks under his load of misery, and death closes the disgusting scene.

The STOMACH is one of the first organs to be seriously affected by masturbation. The appetite becomes capricious; food often causes great distress, and is sometimes thrown out with violent eructations. A dull gnawing pain will be felt at the pit of the stomach; sometimes it will become intensely acute and shooting, while an indescribable sensation of sinking, death-like faintness, attended frequently with a distressing fluttering, or spasmodic affection, will be experienced in the same region, almost without intermission. A general sense of languor and debility will be felt.

The INTESTINES soon become equally affected. Irritations, debility, costiveness, diarrhoea, cholics, spasmodic disorders, etc., reduce them to a deplorable state, frequently terminating in hemorrhoids, ulcers, and purulent discharges from the anus.

The HEART, ARTERIES and other blood vessels become exceedingly distended and relaxed; the circulation becomes very feeble and languid; the pulse, small, slow and fluttering, and frequently intermittent; the blood is not completely renovated in the lungs; nutrition languishes; the fluids become crude and irritating, and the solids diseased. Emaciation,

lassitude, general chilliness, coldness of the extremities, and great debility, ensue.

In this state, the violent convulsive paroxisms attending the acme of venereal indulgence, often cause spasms in the heart, arresting entirely its functions, and sometimes producing a bursting of its walls, and suffering the blood to gush out, and causing death in the unclean act.

The LUNGS soon become debilitated and impaired in all their tissues, and incompetent to perform their important duties. They become excessively susceptible to changes in the weather, and to impure air, which produce phthisical or asthmatic affections, and other difficulties in breathing, and a dry, hacking cough, and hoarseness of the voice. And when there is the least predisposition to pulmonary consumption, the development and fatal termination of that disease is rapidly hastened on; and in thousands of instances, when no such predisposition exists, the consumption is induced and rendered fatal by venereal excesses, and especially in the form of self-polution.

Sometimes the over-excited and convulsed heart throws the blood into the lungs more rapidly than it can be disposed of by their debilitated, relaxed and distended vessels. Then follow great

difficulties in breathing, distressing apoplectic feelings, perhaps fainting, or rupture of the vessels, hemorrhage of the lungs and gushing of blood from the mouth and nostrils. Sometimes acute inflammation is suddenly induced. In other cases, with the pulmonary congestion, a spasm of the heart arrests its action, so that it can not receive the returning blood from the lungs, and sudden death ensues by a species of pulmonary apoplexy.

The LIVER suffers from disordered function, morbid condition, the formation of calculi (stone like substance) in the cavities, hardening or ulceration of its substance, and a general change of structure. Jaundice, in its worst and most unmanagable form, often results from these derangements of the liver.

The KIDNEYS are affected in nearly the same manner. Sometimes they are so prostrated and diseased that they become excessive in their crude secretion, and fatal diabetes terminates the hapless career of the transgressor. Sometimes, when this disorder does not supervene, the crudely secreted urine forms calculi in the kidneys and bladder, which become the source of many year's suffering, and perhaps, finally, a painful and premature death.

In other cases, the irritating urine tortures the morbidly sensitive neck of the bladder and the urethra, into a permanently diseased state. Spasmodic

affections and strangury often occur, and ulceration and catarrhal affections of the lining membranes take place, attended with purulent discharges from the penis.

The EXTERNAL SKIN suffers astonishingly. Exceedingly oppressed, relaxed and debilitated, it fails to accomplish its important duties.

Insensible perspiration is greatly diminished, and impurities accumulate in the system, clogging its whole economy, preventing nutrition and tending to local disease, (boils, running sores, suppurating blisters, etc.) as a means of throwing off the refuse matter of the body. The skin loses its healthy, clear and fresh appearance, and assumes a sickly, pale, shriveled, turbid and cadaverous aspect, becoming exceedingly susceptible to the injurious effects of cold, heat, moisture and other disturbing causes. In some instances, a distressing chilliness is almost continually experienced in the region of the spine. In other cases, the sufferer is tormented with a kind of itching, or feeling as if myriads of ants were crawling over the surface of his body.

RHEUMATIC AND INFLAMMATORY COMPLAINTS, and indeed disorders of every kind, are either induced, or greatly aggravated by this condition.

PIMPLES of a livid hue, come out upon the forehead and about the nose, and often over the whole face, and even ulcerous sores, in some cases, break out upon the head, breast, back, and thighs. These sometimes enlarge into permanent fistulas, of a cancerous character, and discharge great quantities of foetid, loathsome pus, and not infrequently terminate in death.

A GENERAL WASTING AWAY of the body, and deterioration of all its tissues, must inevitably result. The vital contractility of the muscular tissue, is impaired, and the muscles generally become relaxed and emaciated. The voluntary motions of the body are feeble and irresolute; the gait is weak and perhaps tottering; the chest is bent forward, with a drooping of the head and shoulders, and the knees feel unable to sustain the weight of the body. A general, and sometimes extreme, debility, and palsy of the voluntary powers, is experienced. The tissues become stiff, and often so inflexible as to prevent the full play of the organs. The bones become dry and brittle, and in some cases, carious, causing and keeping up offensive and loathsome sores; and in early life, distortions of the spine and chest, and general rickety appearance, and deformity of the frame, are sometimes caused by the abuses of the generative organs. The teeth decay, and become

black and loose, and in some instances drop out of the jaws, while the transgressor is yet in the beginning of life. The lips lose their color, and the gums become pale, flaccid, and often ulcerous. The chyle, blood, saliva, mucus secretions, gastric and pancreatic fluids, bile, urine, tears, and all the other fluids and humors of the body, become crude, acid, and irritating, and serve to increase the disease of the solids, and the general and special derangement of function.

But in this extensive mischief, the NERVOUS SYSTEM all along, leads in the suffering.

Not only are the nerves generally debilitated, and the nerves of organic life tortured into a diseased irritability, but there is also a great deterioration and wasting of the nervous substance. The common vital properties of the nerves by which the general functions of the system are carried on, are always impaired in proportion to the excess of the evils of which we are treating. The special nervous properties suffer in due proportion, varying in different persons with different peculiarities. The sense of touch becomes obtuse and less discriminating, and in some instances, a numbness of the extremities and limbs, and even of the whole body, is experienced, approaching, and in fact sometimes reaching, that state which is sometimes called numb palsy. The sense of taste is equally blunted, and

loses that perception of agreeable qualities, on which the delightful relish of proper and healthful food depends, and hence, the unnatural demand for vicious culinary preparations, and stimulating condiments, and the utter distaste for simple diet. The sense of smell becomes impaired, and loses its discriminating power, and but faintly perceives the rich fragrance which the vegetable kingdom breathes forth for man's enjoyment. The ear grows dull and becomes hard of hearing, and sometimes a continual and distressing ringing, like the knell of ruined health, and the prognostic of evils yet more fearful, is the only music which occupies it.

The BRAIN is decidedly prominent in all of these terrible sufferings. Its blood vessels often become distended and relaxed, and great debility ensues. Epilepsy is often produced and rendered a permanent disease, the unhappy victim often falling in a terrible fit, under the most inconvenient and distressing circumstances, when convulsions, distortions, foaming at the mouth and gnashing of the teeth, present a spectacle, horrifying and disgusting in the extreme. Paralysis, partial and general, often occurs. Apoplexy, a legitimate and not infrequent effect, increases with terrible efficacy, the fearfulness of the general anarchy of the system, and sometimes forecloses the whole by sudden death,

when in the very act of venereal indulgence, and thrusts the filthy transgressor with all his abominable pollutions upon him, uncovered, in the presence of GOD, where, perhaps the only utterance which will greet his ears, will be, "He that is filthy ; let him be filthy still."

The MENTAL AND MORAL FACULTIES of brain, are fully involved in the general and special injuries; and the mental powers and manifestations, are proportionately impaired. The mind becomes exceedingly carnal, and inclined to dwell upon sensual subjects, and cherish sensual images, and by degrees, becomes more and more averse to special application and continued effort. All systematic discipline and education, becomes extremely irksome to it. Its energies and elasticity gradually decline; and by imperceptible degrees, it becomes weak and fickle.

Its powers of application, and perception, and reflection, continually diminish, and memory slowly decays, until the unhappy transgressor feels that the buoyancy of his childhood is gone, and that his mind has lost its sprightliness and vigor ; and when he would give his attention to subjects requiring continued and connected thought, he experiences a reluctance and irresoluteness, a shrinking from mental effort, which he does not feel able to overcome ;

or, if he occasionally succeed in making the attempt, he soon learns that his intellectual powers are too feeble to endure protracted application and effort, and too obtuse to be capable of clear and distinct perception and reflection. His mind seems confused, clouded and crippled.

PREMATURE OLD AGE—MELANCHOLY.

Sometimes this general mental decay continues with the continued abuses, until the wretched transgressor sinks into a miserable fatuity, and finally becomes a confirmed and degraded idiot, whose deeply sunken and vacant, glassy eye, and livid, shriveled countenance, and ulcerous, toothless gums, and foetid breath, and feeble, broken voice, and emaciated, and dwarfish, and crooked body, and almost hairless head, covered, perhaps, with suppurating blisters, and running sores, denote a premature old age, a blighted body, and a ruined soul; and he drags out the remnant of his loathsome existence, in exclusive devotion to his horridly abominable sensuality. More frequently, however, the mental powers maintain their existence, to inflict, if possible, a deeper and darker vengeance on the miserable offender. Beginning with an occasional dejection of spirits, he goes on in his transgressions, until an habitual depression, and then a deeper gloom,

and then a cheerless melancholy, gathers in permanent darkness over his soul.

PASSIONS AND IMAGINATION, UNGOVERNABLE.

The continual prurience of his genital organs, appeals almost incessantly to the brain, and drags his mental energies and operations into the polluted current of his tyrant passions ; and his imagination is constantly filled with lewd and obscene images, so that he scarcely has the power to fix his thoughts for any length of time, on other subjects. If he attempts to read or study, ever and anon his book will fade away, and lascivious images will occupy his mental vision, and stir up the unclean fires of morbid lust. If he endeavors to give his thought to the most solemn and sacred subjects, still he is haunted with images of lewdness; and even when he attempts to pray to the Omnicient and Holy God, these filthy harpies of his imagination, will often flit between his soul and heaven, and shake pollution on him from their horrid wings. Almost every object that he sees, will suggest the debasing vice ; his eye can scarcely fall by accident, on the sexual parts of any female animal, without awakening a train of obscene thoughts. The moral sensibilities of his soul may sometimes be aroused and remonstrate with horror against this defilement and

degradation of mind, but the despotic lust subjugates everything, and forces the mental and voluntary powers into subserviency to its imperious desires.

Thus the mind, amidst its suffering is made to re-act upon the very source of all the mischief, and thereby augment to a more irresistible degree of madness the power of ruin.

With mind and body thus pouring their morbid energies in one resistless tide along the channel of sexual lust, the miserable transgressor CAN NOT HELP BUT TO CHOOSE TO YIELD, and he is borne onward down the rapids of destruction, towards the awful cataract of final, and awful ruin. By every stimulation of his body, and every excitement of his mind, the blood is accumulated in his generative organs, forcing them to increased action and secretion, and thus augmenting their prurience and influence over mental and voluntary powers. The devoted sensualist yields to the morbid propensity, and again and again, with increasing frequency, repeats the obscene, debasing, and destructive indulgence. Nor are the deep depression of his spirits, the general languor, and debility, and disquietude, and anguish of his body, the dizziness and pain of his head, the unspeakable distress at the pit of his stomach, the asthmatic difficulty of breathing, the dry and hacking cough, the burning pains in his loins, and

genital organs, and thighs, and ankles, the failing senses, and the perishing mind, sufficient to arrest his course. Indeed, he often repeats the odious indulgence, as the drunkard flies to his bottle, to find in the destructive excitement, while it lasts, a momentary alleviation from that insupportable misery, which the practice has brought upon him. Thus, everything seems to combine to make sure his ruin.

IMPOTENCE AND WITHERING OF THE
SEXUAL ORGANS.

The genital organs themselves often suffer in the most extreme degree. Their peculiar susceptibilities become morbidly sensitive, and an undue quantity of blood is received and retained in them, the secretions of the parts become unhealthy, and excessive, and extremely debilitating, and irritating, tending always to produce inflammation, and change of structure. Heat, and burning of the parts, shocking enlargement of the spermatic cords, swelling, inflammation, intense sensibility, excruciating pain, induration, scirrhus and ulceration of the testicles, are among the terrible evils which result from venereal excesses. In other cases, a general withering, and impotence, and decay of the parts, commence and continue with the continuing vice, till almost every vestage of the INSIGNIA, and all the power of virility are gone.

INVOLUNTARY EMISSIONS.

But before this shocking result of continued outrage has taken place, the extremely debilitated and excessively irritated parts, sympathizing with all the disturbances of the brain, and alimentary canal, and, in fact, with those of every part of the system, become excited on every slight occasion, and an involuntary emission of crude, and watery, and sometimes, bloody, semen, occurs, and in many instances, a continual gonorrhea, or constant dribbling of thin purulent matter from the penis, is experienced.

SLEEP, from the first abuses of the body, is less sound, sweet, and refreshing; and, at length, it becomes restless, disturbed, and broken, and full of obscene dreams, which are connected with nocturnal and involuntary emissions of semen, sometimes, as often as thrice in the same night. Still the infatuated sufferer will pursue his voluntary uncleanness, as if the hand of necessity were upon him, compelling him to offer himself, a voluntary sacrifice on the ignominious alter of lewd sensuality. And not infrequently is the practice continued, when the emissions are blood.

TIRED AND LANGUID.—LIFE A BURDEN.

The most excessive debility and distressing languor and anguish, and unutterable melancholy, are necessary consequences of these excesses. The self afflicted sufferer feels that his life is a painful burden to him. Filled with self-contempt and disgust, and reproach, he feels sick of himself, and everything around him. He has no relish for the ordinary amusements and pleasures of life, no enjoyment of society. He is continually tormented with vague anxiety, and fear; and is constantly full of disquietude, anguish, and dread, and frequently falls into tears, and he sighs and weeps, without the apprehension of any definite cause. Self destruction becomes the common theme of his thoughts. Remorse and despair at times overcome his soul, and his misery is unspeakable. He would give worlds to be annihilated. His life is intolerable, and he often determines, and still fears, to throw it off

INSANITY.

Amidst this dreadful conflict, reason is frequently dethroned, and terrible insanity usurps its place; and fearful, indeed, beyond description, fearful, are the ruins thus produced. But, still, amidst this general wreck and desolation of all that was a rational and moral being, the foul and fiendish

lust remains. The tyrant of the ruined soul, driving with maniac instinct, the miserable and loathsome body, to the continual perpetration of the destructive, and horridly abominable vice. And nothing but constant watching, and pinions, and manacles can prevent the continuance of this shocking practice, even in utter insanity.

Among the hapless inmates of the lunatic asylum, none are more incorrigible, nor more nearly incurable, than the wretched victims of this wretched vice. What of the fragments of his shattered reason he is still capable of gathering from the general wreck, he craftily exercises in devising means, and securing opportunities, to elude the vigilance of his keepers, and to indulge his imperious lust.

If, however, this loathsome practice does not in every instance, result in all these fearful consequences, be assured, my young friends, that it always and inevitably impairs the constitution, abbreviates the period of life, and produces an immense amount of suffering. The offender will find himself at all times, more easily and powerfully affected by those causes which disturb the vital economy. He will be less able to endure fatigue, and heat, and cold, and sudden changes of temperature, condition and circumstances. His digestive powers will be more easily disordered and deranged ; and

dyspepsia, and pulmonary consumption, and all the chronic diseases incident to human life, will be more readily induced in him. And on all occasions of indisposition, he will be more liable to those depressions of spirit, and turns of melancholy, and perhaps, remorse and despair, which are connected with the morbid irritability of the nervous system.

STILL, HOPE FOR THOSE WHO STOP, SHORT.

Dark and terrible as the picture is, which I have now presented to your view, believe me, my young friends, it is not an exaggerated one. Yet, stern as are the lineaments of Truth, let her aspect not drive the penitent transgressor to despair, nor even for a moment discourage him from those wise and energetic measures and efforts, by which he may alleviate his sufferings, and redeem himself from his misfortune. To him who perseveres in his iniquity, there is no door of mercy open for his escape—inevitable and utter ruin lies before him. But though far gone in his transgressions, and involved already in distressing consequences, to him who will stop short, and NOW, at once and forever, abandon this unseemly vice, and with a pure and penitent spirit, henceforth lead a pure life, there is hope. Still, however, truth compels me to declare,

that a constitution much impaired by venereal excesses, is in a condition which can not justify high hopes of IMMEDIATE and COMPLETE renovation. Disorders of the system thus induced, are difficult to overcome, and they can be removed only by extremely slow and imperceptible degrees. *

* As we have already stated, this chapter is nearly all taken from the lectures of Dr. Graham, but it is by no means a verbatim copy ; and it is entirely different from his writings, in at least, one, very important particular. That is his explanation of the immediate causes of the symptoms enumerated. We have omitted his explanations, because we believe them to be erroneous. Of course, we both agree that self abuse or sexual excess is the original and real cause, but just *how*, they produce the symptoms that he has enumerated, is where we differ.

He attributes nearly all of them to a morbid irritability of the nervous system, while we believe them to be the result of starvation, and the loss of sexuality, together with the influence of the mind. That the centering of nearly all the vital forces in one part of the body—the sexual organs—and using nearly all the food eaten, to manufacture semen, produces two important wrongs. It congests and inflames the sexual system, and starves the rest of the body. What he calls morbid nervous irritability, is really the result of starvation. Or, starvation combined with over work. And we have drawn upon his writings for the extensive list of symptoms, only.

If the reader will compare the symptoms enumerated in this chapter, with those of starvation as given in Kirk's Physiology, or any other standard work, he will find that they resemble the above, except those caused by a loss of sexuality and a wrong action of the mind.

We believe that we are the first to advance the above theory.

CHAPTER XIV.

COMMON SENSE TREATMENT FOR SEXUAL WEAKNESS.

CAUSE MUST BE REMOVED.

In endeavoring to assist Nature in curing a weakness or disease, we should first try to discover the causes that produced the wrong, and that may still be aggravating it, and when the causes are discovered, we should at once attempt to remove them. Before the victim of sexual weakness can reasonably hope to obtain relief, the causes that produced his weakness, must be removed. If the cause is masturbation, that must be stopped. If it is excessive sexual intercourse, that must be reduced to the point of moderation, or discontinued altogether. By recalling the conditions produced by excessive losses of semen, the reasons for this course, appear plain. In many cases, relief may be obtained by simply removing the causes that produced the wrong. But, under the most favorable circumstances, and with the best of treatment, recovery will be very slow and gradual. The approach of the weakness, was in the same way.

REST—NOT STIMULATION.

Many physicians will prescribe tonics, and hope to build up strength by increasing digestion. But in these cases, the digestive system is already exhausted by over work, and what it usually needs, is rest, or more moderate work. The *patient has been starving*, not because of insufficiency in the digestion of food, but because the products of digestion were used in making semen, instead of nourishing all parts of the body. At all events, these were the conditions before the digestive powers were exhausted, and if they are now relieved from their excessive work, and what nourishment they can furnish is used in building up all parts of the body, strength will gradually accumulate. In many cases, a judicious use of tonics and other medical treatment, may accelerate the recovery, but the routine administration of tonics in all cases, must often do more harm than good, and there are but few physicians who study these cases well enough to determine just what treatment each case needs. In many cases, the best course is to avoid physicians altogether, and rely upon *natural means of cure*. Besides the digestive organs, the heart, lungs, kidneys, skin and other vital organs, are also exhausted by overwork, and they permit the waste materials to accumulate in the body, instead of

carrying them out, as they would do, if they were in a healthful, vigorous condition.

If the digestive organs are stimulated by tonics, and more food is taken into the body, there will be more waste to be carried out, and the organs that accomplish that work, will be still further imposed upon, and they will be even more exhausted. But, the doctor who believes in forcing matters may say, stimulate those organs, also. But in attempting to stimulate them all, the results would be this: For a short time they would increase their work, and there would appear to be an improvement, and then the exhaustion would be greater than ever. And most likely, during the time the tonics and stimulants seemed to be improving the patient, the passions would be stimulated also, and would be more difficult to control, than before. What all these organs really need, is rest, or as little work as possible.

BATHING.

That the skin may do its work with the least possible expenditure of vital force, it should be frequently bathed, to keep the pores open, and to remove the waste materials that it throws out. Warm or hot water, or vapor will best accomplish this purpose, but either should be followed by a

cooler bath, which will have a refreshing, invigorating influence. A brisk rubbing with a coarse towel, flesh brush, or even the bare hand, will make the bath complete.

DRINK.

Drinking large quantities of warm water, will tend to wash out the stomach, bowels, and kidneys, and thus assist in removing waste materials; besides, it has a slightly tonic effect, which is usually all that is needed.

DIET.

The diet should be carefully selected. Stimulating drinks and foods, of all kinds, must be avoided. These include not only alcoholic liquors, and tobacco; but, also, such articles as tea, coffee, pepper, horse radish, pepper sauce, and other pungent sauces, that are often taken to give an appetite, but which really inflame the stomach, and cause irritating, uneasy sensations, that are often mistaken for appetite. Rich pastry, gravies, and all food of that description, should be rejected; and flesh should be eaten in but small quantities, or not at all.

Meat tends to excite the passions, and all animal propensities. The food taken, should be plain, easily digested, nourishing and cooling. Nearly all

ripe, well matured *fruits and vegetables* are wholesome, and usually adapted to the requirements of patients with weak digestion. A bread made of the whole grain, is much better than that made from the best white flour. Oatmeal, wheaten grits, graham mush and beans, are especially nourishing and wholesome.

The digestive and other vital organs, have much the same relation to the muscular system, and the brain, that the furnace, and its accessories have to a steam engine, and the machinery that it runs. If the furnace is impaired, and can but partially do its work, a wise engineer would use the fuel that would burn most easily, and give out the most heat. To throw ashes, salt, sand, rocks or other incombustible materials into the furnace, would be very foolish, indeed.

And to use very poor fuel under the same circumstances, would not be very much better. That is, a fuel that is very hard to burn, and which gives off but little heat. The dyspeptic who eats food hard to digest, or food that yields but little nourishment, or who indulges in stimulants of any kind, is equally foolish. Because, their results to him, are about the same as those of rocks, and poor fuel to the furnace, and steam engine. If incombustible materials are thrown into the furnace, it requires an

expenditure of time and force, to get them out again.

STIMULANTS WASTE VITALITY.

When stimulants and indigestible substances are taken into the stomach, it requires time, and the expenditure of vital force, to get them out of the system.

The vital force expended comes from wholesome, and nourishing food, and the dyspeptic has no vital force to spare. In fact, he does not have enough to properly perform the necessary functions of the body. Besides, stimulants, and unwholesome foods, tend to inflame the digestive and sexual organs, and they have an irritating influence, which is very detrimental to these parts that are already too weak, and sensitive. The digestive system is one of the first to break down, in cases of sexual excess or perversion, and it is one of the most necessary to build up in effecting their cure.

THE MASTURBATOR'S DIFFICULTY IN STOPPING.

It is easy enough to instruct the masturbator that he must cease his vice, before a cure can be effected, and he may fully realize the necessity of his obedience to the instruction, but he often finds it impossible to obey them. His vice is practiced in secret, and requires the consent of no second person.

he has lost much of his former will-power, and there is no other person present with a stronger will, to aid him. The results are, he will often battle for hours against his passions, and the tormenting congestion, burning, and irritation in the sexual organs, and then involuntarily surrender to his enemy,

CONSTIPATION.

The proper precautions, however, will greatly ameliorate his tormenting congestion, and will often turn the tide of his battle, from defeat to victory. He is usually constipated, and the accumulated waste in the bowels, is heating, and increases the inflammation, and irritation in the sexual organs. The rectum and sexual organs being so near together, the condition of one, readily affects the other. It will be almost impossible to relieve the sexual irritation, while this condition of the bowels exists. No physician thoroughly familiar with these cases, would neglect to relieve the constipation associated with them. But there are hygienic measures which fully meet this trouble, and are much better than medicine, because they leave no detrimental after effects. These require no physician, and little expense, but

the scope of this book will hardly admit of their full explanation, and the reader is referred to the author's work on that subject. *

SITZ BATHS

The congestion and irritation in the sexual organs, will be still further relieved by cool, or cold sitz baths. That is, a tub of cool or cold water, in which the patient sits; and the colder it is, the better; providing it is not especially unpleasant. Its primary object, is to cool the parts. It also has another beneficial effect—that of invigorating, and strengthening the parts. When taken for the purpose of relieving the congestion, it should *not* be followed by brisk rubbing, because that increases the flow of blood to the parts, and thus augments the heat. There is too much of both heat and congestion, already. There should be enough water to come well up around the small of the back, which should be well rubbed, while the patient is still in the bath. The nerves which supply the sexual organs, leave the spine at this point, and to cool, and strengthen, and invigorate these parts, is decidedly important.

* How to Cure Constipation. Price, \$1.00.

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It is often well to add cold water after the patient commences the bath, as the water grows warmer from the heat of the body, and colder water will often be more easily borne after the parts have become used to a low temperature, than during the earlier part of the bath. As handling the sexual organs tends to excite the passions, and suggests lascivious thoughts, they should not be touched during the bath, except as is necessary in cleansing them.

WHEN TO TAKE THE BATH.

If the time of greatest temptation is immediately after retiring, the bath should be taken just before getting into bed. If the passions become excited at any time during the day or evening, a sitz bath would be a good thing, and if at all convenient, it should be taken. It may be prolonged any where from ten minutes to half an hour. After awakening in the morning, the patient should not remain in bed until the passions become excited. On the contrary, he should arise as soon as convenient, and begin physical exercise, or some mental work.

When it is not possible to take sitz baths, the next best thing is to bathe the sexual organs in a basin of cold water. This will have an effect similar

to the sitz bath, but it is much less pronounced. But a bath of this kind requires the handling of the organs, and this may still further excite the passions, and lead to the repetition of the act of masturbation. In a case of this kind, the bath may do more harm than good. The organs must be kept clean, however. There is a natural secretion that soon decays, and gives off an offensive odor, and irritates the parts, and tends to excite the passions, and this must be washed away; but the parts should be handled as little as possible, if it tends, in the least, to excite the passions.

INFLUENCE OF THE MIND.

The mind is one of the most important factors in causing masturbation, and it is a factor no less important in relieving the distressing conditions that it produces. The sexual organs may be handled with impunity so long as the mind is pure. They are handled in urination without any evil results. It is the lascivious thoughts, as well as the manipulation of the organs, that cause the distressing results of masturbation. And these thoughts, even without the friction of the organs, will cause sexual losses. There are young men who suffer from sexual weakness, who never produced a discharge of semen by masturbation. A young man sometimes con-

gratulates himself on his escape from the vice, and thinks he is much more fortunate than those who have become its victims. Nevertheless, he often has emissions of semen during the night, and is thus losing the very essence of his manhood just as effectually as is the man who intentionally produces the loss. So far as the loss is concerned, it matters not whether it is an involuntary

NOCTURNAL EMISSION,

or whether it is voluntarily produced. It saps the very life essence just as effectually in the one case as in the other.

It is the waste of the semen and the abstraction from the body of the elements necessary to produce more, that does the damage. It may seem like the personification of cruelty for Nature to thus punish an offense that is involuntary. But such are her plans, and the victim is really not so innocent as might at first seem. There has been some kind of a violation of Nature's laws that has either weakened the organs, or else has produced an abnormal congestion. The latter is frequently caused by LASCIVIOUS THOUGHTS, and when so caused can be avoided by keeping the mind pure. A young man is not compelled to seek associates who tell lewd

stories or whose conversation or manner excite carnal desires. Neither is he compelled to let his own imaginations run riot and continue to dwell for a long time upon subjects that inflame his passions.

DREAMS.

And when he does indulge in these things, he is himself the cause of the dreams and nocturnal emissions that are caused by such conduct. Even our dreams are very frequently the direct result of a positive cause that can be ascertained. How many of us have dreamed of being out of doors or in some other place and suddenly discovering that we were only partly dressed, and then have awakened to find that we were suffering from the cold because we had gotten uncovered. The sensation of cold no doubt partly awakened us and was the cause of the dream. And after we have fully awakened and become comfortable again by replacing the bed clothes, we again fall asleep, and this time our slumbers are entirely free from dreams. The dreams that precede nocturnal emissions are very often the direct result of a congestion of the reproductive organs that is caused by sensual thoughts indulged in before the victim fell asleep, and when so caused,

they can be avoided by keeping the mind free from such thoughts.

KEEP THE THOUGHTS ON PURE AND ELEVATING
SUBJECTS.

But it is often almost impossible for a young man to control his thoughts, and we will make a few suggestions that may aid him. He should not expect to get relief by not thinking at all. That would be impossible. During the waking hours the mind is usually active in some way, and safety lies in keeping it active in directions that are harmless.

One of the first and most important things to be done by a young man who tries this plan, is to decide that he really wishes to succeed, and that the advantages to be gained are well worth the effort.

If we are unable to convince him by what is said in this book, and his own observations and common sense will not, he should secure other works on these subjects, and when he is fully convinced of advantages to be gained, he will succeed if he proceeds intelligently and earnestly. Instead of thinking about things that lead to unchaste desires, let him think about and study literature, art, science,

music, mechanics, law, medicine, invention, agriculture, chemistry, travel, etc. Anything in which he can become interested which will keep his mind occupied and thus prevent it from reverting to the forbidden subjects.

The society of young ladies and gentlemen who are bright and hopeful, but pure and chaste in both conversation and conduct, will greatly assist in keeping the mind pure and will furnish entertainment that will soon prove far more satisfactory than that furnished by those who spend their time in telling bad stories.

INFLUENCES OF VIRTUOUS LADIES.

A young man endeavoring to lead a pure life will be greatly benefited by the society of virtuous ladies, and he should associate as freely as possible with the purest girls that will encourage his visits. Those who are most congenial to him but strictly virtuous. If he has musical abilities, ladies with the same talents are excellent associates for him. Their evenings may be spent in singing and performing together upon musical instruments, and he may admire and think about the lady's talents and other refining qualities. If the young man has literary or elocutionary tastes, he should seek the so-

ciety of ladies with these talents. Or, whatever may be his intellectual tendencies and his tastes, the ladies who gratify these tastes and talents will prove the best associates for him, providing their character and manners are such as to lead his mind away from lascivious thoughts. A young man who had considerable literary and elocutionary ability, called upon a young lady elocutionist whom he thought to be of easy virtue. He called for a bad purpose, but he was entertained in a way that led his mind to higher and purer subjects, and he became so very much interested that he forgot all about what he called for, and did not think of it again until after he had left her.

AVOID TEMPTATION.

We do not recommend young men to place themselves in the way of temptation, but relate this anecdote to show what may be the influence of a good woman, even when the intentions of a young man are bad. If the influence of a good girl can be so beneficial to a young man with bad intentions, she can certainly do much to elevate and refine the thoughts of one who is exerting his own best efforts to lead a pure life.

If boys and young men inclined to abuse their

sexual systems could only realize how dissipations of this kind destroy their abilities to enjoy any other pleasures in life, and that sexual dissipations of themselves *are always disappointing*, they would certainly make stronger efforts to lead purer lives. A young man with his health broken down, and who suffers with aches and pains and irritations and discomforts in every part of his body, is in no condition to enjoy any kind of pleasure, except the comparative pleasure of securing partial relief from his tormenting conditions. And when in addition to this, his mind has become so perverted and poisoned that he fails to see the beauties of Nature, and is unable to appreciate the higher qualities of true womanhood, his condition is anything but enviable.

SEXUAL INTERCOURSE NOT NECESSARY
TO HEALTH.

But even in these *severe cases*, the influence of a virtuous woman will aid in leading the mind away from lustful scenes, and the young man who makes the best of his opportunities, and tries to be gallant and polite and attentive and generous to women, and to admire and appreciate their higher qualities, is cultivating the nobler attributes, and must slowly grow better. Commerce with harlots will have

very nearly the opposite effect, and is liable to result in a very serious sexual disease, besides. The supposition that it relieves the system of a surplus of semen that must be gotten out of the body in some way, is *all a mistake*. The secretion of semen is controlled, largely, by the mind, just as other functions and the secretion of other fluids are. When the mind dwells on lascivious thoughts, there is much more semen manufactured than when the mind and sexual system are in a normal condition. The weakened, congested, irritable condition of the sexual organs permit this to be lost in the form of nocturnal emissions. But if the mind and sexual system are kept in a normal condition, no excess of semen would be secreted and no nocturnal emissions occur.

RE-ABSORPTION OF SEMEN VS. EMISSIONS.

There is no doubt a secretion of semen all the time, but if it is not ejected, it is again absorbed and it returns to the general circulation and will be used in nourishing the system and in supplying vital force. The reason that losses of semen are so debilitating upon the brain and nervous system, is because the semen and nerve fluids are composed of much the same kind of material. And when the

blood is exhausted of these elements to make semen, the brain and nerves are not sufficiently supplied.

CONTROLLING DREAMS.

Even the debilitating dreams can be avoided by those who are really in earnest. When a young man fully realizes how very disastrous the seminal losses are, how much is sacrificed by permitting them to continue, and how much will be gained by preventing them, he can then look upon them as a great foe to all his best interests, and he can see that they should be avoided at almost any cost. And when he fully realizes how great an enemy they really are, he can so charge his mind with their danger, that he can awake at the beginning of the dreams that are associated with them.

How often have we awakened at a certain early hour in the morning when a party, picnic, excursion or any important thing that required an early start, had impressed our minds the night before. A mother becomes so wrapped up in the interests of her babe that she awakes on its slightest murmur or movement. Men threatened with danger have so charged their minds that they were aroused by the slightest noise indicating that a foe was approaching. And when a young man is fully

convinced that emissions are really vampire-like foes that will sap his very life, he can so charge his mind with their danger that he will awake at the inception of the dreams that cause them.

STILL BETTER PLAN.

But it is still better to avoid even the beginning of such dreams. And by following the instructions already given in addition to those we are about to give, even that very desirable victory can in time be won. Two things are necessary to the accomplishment of this result. One is the purity of the mind already referred to, and the other is the relief of the physical irritation in the genital organs.

SECRET THOUGHTS.

The thoughts must be free from lust when the patient is alone just the same as when in the society of others, and the following plan will assist him to gain that freedom. If he can bring himself to realize that even an impure thought is an enemy to be harbored under no circumstance, he can in time bar even these intruders out of his mind. The following plan has proved to be of great benefit in accomplishing this result: Write on a card that may be carried in the pocket, two or three or a dozen or more words that recall something that

has made a strong impression on the mind, and that will bring up an interesting train of pure thoughts—the name of mother, sweetheart, sister, mountain, river, wreck, runaway, or any other word that will recall the scenes and experiences of an excursion, picnic, tour, accident, danger and the escape, memories of a loved one or any other subject that may be of especial interest to the patient. And when the patient finds his mind reverting to the forbidden subjects, he can recall the words on his card that refer to the scenes of an escape from a runaway, the pleasures of a delightful excursion or the face of a sainted mother as the case may be. In this way he can soon learn to control even his secret thoughts.

RELIEF OF LOCAL CONGESTION.

In addition to sitz baths and other means recommended elsewhere, the following will be found to be very effective in relieving the local congestion that is often the cause of dreams that result in losses. Before retiring, be sure that the lower bowel is entirely empty and free. The best way to insure this is by the use of an injection of clean water comfortably cool. The water may be retained in the bowel for five or ten minutes or longer. This will have a cooling and quieting

effect and tend to relieve the congestion of the internal parts of the reproductive system.*

After the water is ejected, together with the feces it has softened, another injection of about half a pint of cool water may be taken and the water retained all night. This will prove very beneficial in strengthening the parts and in relieving the local congestion that often leads to dreams that cause emissions. The bladder also must be kept free from congestion and not be required to retain a large quantity of urine during the sleep. We have just received a letter from one of our patients who writes that by following the above plans, he was awakened at the beginning of a lascivious dream, and that he arose and emptied the bladder and bathed the parts in cool water, and then retired and slept until morning without a dream and without an emission. And that on another occasion he awakened at the inception of a dream, but that he did not arise and take the proper precautions, but that he soon fell asleep again and had another dream, but did not awake until it was too late to avoid the emission.

* (NOTE.—More complete instructions will be found in the author's treatise entitled *How to Cure Constipation*. Price, \$1.00. Address V. P. English, M. D., Cleveland, O.)

Others have had similar experience upon repeated occasions. The importance of these precautions is fully established. And after they have been faithfully followed for considerable time, the dreams will not occur at all and the patient becomes a free man instead of a slave.

CONSCIENTIOUS PHYSICIANS.

Of course it would be much better in all of these cases to have the assistance of a good physician—one who is conscientious, intellectual and thoroughly versed in the real science of the relief and cure of these weaknesses. But it is very hard indeed to find such a physician. Most of those who are sufficiently intellectual and scientific, have turned their attention to lines that are more popular. And most of those who make a specialty of curing these weaknesses and diseases, are mere pretenders without conscience, without intellect and with practically no real scientific knowledge of any kind. And the regular family physician hardly thinks of these cases at all, and when he is consulted regarding them, the advice or prescription that he gives is usually a mere routine practice and all patients receive practically the same treatment. Others say that the only way to stop seminal losses is to ex-

pend the seed by the reproductive act, and they recommend intimacy with abandoned women. This is certainly one of the worst kinds of advice possible. How long must it be before men and women will realize that the reproductive system is at the very fountain head of all improvement in the human family, and that through it mankind may be regenerated? No part of the body is more important. None has been more abused. Is it not time to treat it with the consideration that its importance justifies? We regret that space will not permit us to treat reproduction as well as the reproductive organs, and hope to some time write a book on pre-natal culture and superior children.

PASSION RELIEVED BY PHYSICAL EXERCISE.

Intense sexual passion can not exist if there is not a large quantity of blood centered in the sexual organs. Neither can any part of the muscular system be vigorously exercised without the blood being centered in the exercising muscles. As a large quantity of blood can not be centered in both of these departments of the body at one time, it follows that great passion can not exist when the muscular system is vigorously exercised.

Hence, those who exercise the muscular sys-

tem freely, will have much less difficulty in living a chaste life than those who board at a fashionable hotel, eat highly seasoned and stimulating foods, read only light, trashy, exciting literature and neither study nor work physically. The reason is this, the vital force is not expended by the brain nor in physical exertion. There is a surplus. And such physical habits and conditions of mind leave this surplus in the body unused. The blood containing it, naturally tends to the sexual organs, and *passion* is the result. This is especially true when the thoughts and conduct have for a considerable time been such as to encourage this disposition of surplus energy and it has become a habit of the system. Like the steam engine that is standing idle while the fires are still burning and rapidly generating more steam, there is an excess that tends to escape in some way. And in the human body, when two of the natural avenues of expenditure are closed—physical and mental exercise—the surplus steam tends towards another avenue of escape and produces passion. A child or any person without passion, will not permit the physical and mental powers to long remain inactive. They will use the surplus energy in some kind of physical or mental activity; and others can if they will.

ATHLETES

claim that they have no difficulty in suppressing passion while they are in vigorous training. Their vital powers are being centered in, and expended by, the physical system and there is not an excess of energy left to generate carnal desires. And in time it becomes a fixed habit of the system to direct their energies to the muscles; while with the impure minded, a fixed habit of centering their forces in the reproductive system, has been formed. But this habit can be changed by changing the habits of thought and physical exercise.

All these things go to show that the *passions may be controlled* by controlling the circulation. As this can be controlled by exercise, the young man has a great aid to relief immediately under his control. If he finds after retiring that his passions are becoming excited and that there is danger of him being driven to commit an injudicious act, he can immediately arise and engage in vigorous exercise by the use of dumb-bells, indian clubs or in any other effectual way, and the blood will be drawn away from the sexual system, and to the muscles that are exercised; and in time a more judicious expenditure of surplus power becomes a fixed habit, and no especial guardianship of mind or will is required. A cool or

cold bath will also aid in equalizing the circulation, as we have before seen. And less excess energy will be developed if less food is eaten. And the tendencies to produce passion is much less when the food is plain, nourishing and cooling.

UNCONSCIOUS SEMINAL LOSSES.

There are other cases of sexual loss in which the semen escapes unconsciously. There is no erection and no nocturnal emission, but the semen is lost during urination, and sometimes, during a passage of the bowels. In these cases there may be nocturnal emissions, also. They are sometimes the result of masturbation or sexual excesses, but they are often found when there has been no such abuse of the sexual system. There is a gland called the prostate that is situated on each side of the penis, near the mouth of the bladder, and the mouths of the tubes leading from the vesiculæ seminales. It seems to guard the semen, and is usually weakened or inflamed in these cases of unconscious losses, and its unnatural condition permits them to occur. There are drugs that act directly upon this gland, and that will restore it to its normal condition, but the sitz baths recommended in the earlier part of this chapter, are also very beneficial. Rectal injec-

tions of cool water that is retained for several minutes, are also excellent assistants.

Other cases of unconscious losses occur in students, bookkeepers, stenographers, jewelers and other young men of sedentary habits. They are permitted by a relaxed condition of the parts due to a lack of physical exercise, fresh air, and other invigorating conditions. Nocturnal emissions also are sometimes permitted by these same conditions when they could not occur if the parts were in a more vigorous state.

The sitz bath, fresh air, physical exercise, wholesome food, and a happy, light-hearted state of the mind, and other hygienic measures, are favorable to the relief of all such cases.

Other cases of seminal losses occur because of an *irritation of the spinal nerves* that supply the sexual organs; or, an irritation in the spine, at the point where these nerves are given off. The sitz bath, and the rubbing of the small of the back, are excellent in these cases.

Lying on the back during sleep will sometimes result in emissions by causing the loins to become too warm. This is especially true when sleeping on a feather bed. A hard mattress that the body will not sink into is much better. The habit of ris-

ing very soon after awaking in the morning should be formed. If the patient remains in bed long after awaking, there are liable to be temptations that could be easily avoided by arising and engaging in either physical or mental work.

IMPOTENCE—HOW TREATED.

There is still another class of cases in which there is a weakness of the sexual organs, but there is not always a loss of semen. There is simply a weak, relaxed, and often a *shrunk condition of the organs*. Sometimes an erection is impossible. In other cases it is possible, but can not be maintained. In some of these cases there are sexual diseases, but in others, disease is entirely absent. Massage and bathing the organs in a basin of cold water, or a solution of common salt and cold water are among the best hygienic measures. But the services of a good physician will be much better in all such cases.

TOBACCO AN ENEMY.

In all of these cases, tobacco is one of the worst enemies. It is very exciting and stimulating to the genitals, and a frequent cause of sexual perversion, excess and weakness. It is especially injurious to boys. Intoxicating liquors are still worse.

VALUE OF HYGENIC MEASURES.

In conclusion, we wish to say that following the directions given in this chapter will greatly aid in curing the wrongs caused by sexual indiscretions. In many instances no medicine will be required. In others, the aid of a physician who understands these cases should be secured. But let the physician be ever so skillful, by following these directions, the patient will greatly aid him in his efforts, and will accelerate the recovery. And many cases can never be cured by the best medical assistance possible, unless the patient aids by following these hygienic and rational measures.*

* For further information, or special advice,

Address, V. P. ENGLISH, M. D.,

Cleveland, O.

We make no charge for a little brotherly advice and will always be glad to assist those who are really in earnest to live a higher, nobler, purer, better and more useful life, and who will exert their own best efforts to this end. We can not, however, write very long letters and are sometimes so busy that considerable time will elapse before an answer can be given. But where a stamp is enclosed for reply, we will answer as soon as other duties will permit.

CHAPTER XV.

HINTS TO THE BRIDEGROOM.

When a young man launches his bark upon the sea of matrimony, it is very important indeed, that the voyage be wisely commenced. If he escapes the rocks, and shoals, and breakers, and storms, that lie in his course at the beginning, he will soon reach the open sea of greater knowledge and experience when sailing will be more smooth. And it is the object of this chapter to point out some of the dangers that he is liable to meet during the early part of his voyage. Many young men encounter obstructions at the very beginning that they never dreamed of, and their bark of matrimonial happiness is wrecked, or greatly disabled, at the very commencement.

THE WEDDING NIGHT.

Indeed, prospects of future happiness are often blighted the very *first night* after marriage. Few young men seem to fully appreciate the sentiments

of a refined, sensitive, virtuous girl in regard to the physical relations of the marriage bed. This is the rock upon which the bark of matrimonial happiness is more likely to founder than upon any other. Divorce lawyers say that a want of harmony in the marriage bed causes more divorces than any other trouble. An aged attorney remarked, "Fully one half of the married couples would prefer to be separated, only for the disgrace, and the children, and the difficulty in dividing the property. Many couples whom the world suppose are living happily in marriage, are really greatly dissatisfied; but their unhappiness is not known outside of the family, except to their legal and medical advisors."

MAN AND WIFE MUST BE ADAPTED TO
EACH OTHER.

Yet these unhappy conditions need not discourage others. They may all be avoided by the exhibition of a little knowledge and common sense. In the first place, the bride and groom should be adapted to each other by Nature. They must be in harmony both physically and mentally, and their conditions, relations and conduct, should be such as to insure a continuance of this harmony throughout married life.

It is very unfortunate indeed when their aspirations, their likes and dislikes greatly differ, and their ambitions lead in different directions. When a man and woman are to live together in the intimacy of wedlock, there should be a degree of congeniality and harmony that is unnecessary in any other relation of life. It is practically impossible to realize the full force of this assertion until after one has had actual experience in married life. There are thousands, yes, millions, of little things that are constantly presented that add to, or detract from, the happiness of marriage. If the wishes of one are also the pleasure of the other, the result is

HARMONY AND HAPPINESS.

If their wishes differ in regard to these innumerable little things as well as in regard to more important things, inharmony and unhappiness are the result. It is practically impossible to foresee all of these things, but there are certain important general principles that will greatly aid in determining before marriage what will be the elements of congeniality and what will be the points of discord between any lady and gentleman, and we wish to emphasize one of them.

MISTAKES BEFORE MARRIAGE.

One of the most common causes of unhappy unions is the attraction that often exists between a lady and gentleman who are adapted to each other so far as a few of their characteristics are concerned, but who are antagonistic regarding many others. They are attracted to each other and marry through the influence of a few congenial elements of character and never stop to investigate how antagonistic they may be in regard to the rest of their characteristics, and they do not discover their mistake until it is painfully forced upon them by their experience after marriage. One of the most common of these mistakes is caused by the

ATTRACTION RESULTING FROM PASSION.

A couple with strong passions are often attracted to each other by this alone, when there is very little else in their characters to render them congenial. But this lack of congeniality soon become manifest after marriage, and the couple discover how very little there is in each other's society to render them happy, and both soon wish they were separated. And when the fires of youth have subsided, as they must with advancing years, there is then nothing at all to render such a union con-

congenial and happy. But the subject of adaption in marriage is too great to be further discussed in this connection, and we will now leave it with the hope that an interest has been devoloped in the reader's mind that will lead to a more thorough consideration of the subject before entering into a relation which will have so vast an influence in shaping his future and in controlling his destiny.

A PERFECT MARRIAGE.

Perfect adaptation in marriage is very rare. But good adaptation is very common. Much more common than are marital happiness and satisfaction. But when the husband and wife are reasonably well adapted to each other, and are not happy in their union, something is wrong. And that something is more frequently the violation of sexual law than any other one thing, perhaps than all other things combined. And even when there is no violation of the health laws, there is often between the bride and groom a difference of opinions and desires and expectations that are a surprise and disappointment, and a source of vexation and unhappiness to both. The groom is often confronted by a state of affairs that he never dreamed of. And the surprise and disappointment of the bride is often no less decided.

He has expected one thing in regard to the marriage bed, while she has expected something very different, or else has not considered the matter at all. Of course it is not easy to reconcile these differences at once. Each is certain that the other is wrong and very unreasonable.

Now, let us see if this should not be expected.

CAUSE OF DISAPPOINTMENTS.

Almost from the time of their babyhood, their educations have been different. The girl has been shielded and protected from everything that might detract from a high estimation of virtue, while the boy has often been exposed to influences that slowly fastened in his mind the idea that it is manly and commendable not to be virtuous. And many have come to look upon marriage as a state of legalized prostitution. Is it any wonder that their ideas should greatly differ? And if we will be really honest with ourselves, does it not seem that in the light of the best evidence we can secure, that the standard of the lady is more likely to be the right one than is that of the gentleman?

It is really too bad that the boys should be educated so differently from girls in regard to these matters. So far as the parents are concerned, the

boys are usually left almost entirely without instruction regarding the sexual system and its uses. And their minds are left entirely open to the reception of any erroneous ideas that may be disseminated by the ignorant. These things have been permitted to continue until erroneous ideas have been implanted in the minds of most young men so firmly that it is almost impossible for them to believe the real truth. This is rendered still more difficult from the fact that they think that the error involves unlimited pleasure, while the truth enjoins a sacrifice that seems very unreasonable. It seems to them that their ideas are supported by nearly everybody. And they are, so far as the ignorant are concerned. And this is one of the errors that keeps the masses ignorant. But science and intelligence are on the other side.

BEGIN RIGHT.

When a young man really sees the truth regarding these things and really wishes to live a life of moderation, he can easily do so if he begins right. And he will in most cases find that the standard of his bride is a safer guide than his own. And what we now wish to especially warn young men against, is the very beginning of the formation of habits of sexual excesses. We are convinced

that in the great majority of cases, excesses are very largely the result of habits that have been encouraged in the mind from boyhood; and in acts since early manhood. If the mind had been pure and uninfluenced as are those of many girls, the artificial carnal desires that are a frequent cause of excesses, would never have existed.

SOMETHING TO AVOID.

Excesses and lack of congeniality cause much of the weakness and disease among married women, and much of the unhappiness of married life. In our experience as a specialist in treating the weakness and diseases and nervous disorders of women, these facts are brought to our notice almost constantly, and if we can succeed in leading a young husband to avoid such excesses, we will add to the success and happiness of the lives of himself and wife to an extent that is practically inestimable.

THE REASONS WHY.

For reasons that space will not permit us to fully explain, it is especially injurious to a woman to submit to the sexual act when she has no desire. Desire or passion on the part of a woman prepares her sexual system for copulation. Or, rather, perhaps, desire is evidence of such preparation. And

when there is no desire, the act is often exceedingly distasteful and unpleasant to her and sometimes it is positively painful. This is especially true of the first copulation. Man *can* not take part in the act without desire, and woman *should* not. And when the husband frequently subjects his wife to such discomfort and pain and outrage against Nature's laws, the penalty must be paid. A part of this penalty is the weakness and disease of the wife and the dissatisfaction and displeasure of both. Such dissipations not only lead to nervous disorders in the wife and to uterine and ovarian diseases, but they are also very unsatisfactory to the husband. And the dissatisfaction regarding this matter will cause a decrease of love and a coldness towards each other that will extend to *all* of the affairs of their married life, and they are liable to eventually develop a positive dislike and aversion for each other, and they are then ready for separation and divorce. The health of the husband is injured and that of the wife perhaps entirely broken down. Their marriage has been a failure and both have been so injured in health and soured in disposition that neither is in a condition to make an agreeable and satisfactory companion for someone else. In any sense of the word, can it pay?

CHAPTER XVI.

SUGGESTIONS TO THE NEWLY MARRIED.

We will suppose that you have passed the dangers which threatened your matrimonial bark when beginning the voyage of connubial happiness. Instead of the honey moon being a period of disappointment and remorse, as it too often is, yours was a time of *the most exquisite pleasures*, and it led to the discovery and development of emotions, sensations, thoughts, and other joys, that far exceeded your fondest anti-love-making dreams. You may now feel that all of the world is a paradise, and that your entire future life can bring nothing but romance and poetry. But you must not forget that this delightful state of happiness has been reached only because you *harmonized yourselves with Nature's laws*, and that it can continue to exist no longer than that harmony continues. That these laws are as positive and inexorable as those of heat and cold, of gravity, and the ebb and flow of tides. The bride's beauty and vigor, the voluptuous figure and feelings, the hopes and plans, the love and sentiment, aye, even the interest in her husband, and the desire to live,

will be quickly blasted, if these laws are greatly disregarded. And with these changes in the wife, the marital pleasures and hopes of the husband vanish also. What husband can be happy, and hopeful, and light hearted, and picture a rosy future, when his wife is slowly sinking into her grave? What satisfaction in his love, when the bride who once filled his life with joys unspeakable, is plainly sinking under a weight of disease, weakness, and pain? And these changes will surely come, if her life is not in harmony with the laws of health. For examples of the results produced by a violation of Nature's laws, look about among your own friends and acquaintances, and see how many blushing brides degenerate into faded and jaded, nervous and discouraged wives, within a few years after marriage, and some of them, in a few months.

MOTHERHOOD NATURAL.

Many will tell you that this is a natural result of motherhood. Even physicians will sometimes make such an assertion. But, let me assure you that nothing could be further from the truth. Motherhood is perfectly natural and tends to develop the highest conditions of mental and physical womanhood. That is, motherhood in harmony

with Nature's laws. When motherhood has any other effect, something is wrong.

VALUE OF EXCESS VITALITY.

In the following pages we will endeavor to point out some of these wrongs. Did you ever observe a bright, vigorous, well-sexed young girl in the midst of a party of her young friends at a social gathering? How she bubbles over with life, and fun, and love, and hope! *All animation and blushes*, her soul seems to be overflowing with emotions, and delightful sensations. How she seems to enjoy the dance, and games, and enters into them with all her heart. How she jokes and laughs, and seems the embodiment of delightful feelings and sensations, both of mind and body.

Yet only a brief period of disappointment in love, marriage with a man who is not congenial to her, and violation of Nature's laws of health, will transform her into a fair sample of the many wives and mothers to be met every day, who are a mere caricature of true womanhood, and who believe that marriage is a grand failure.

WHY THESE CHANGES OCCUR.

The principles discussed in previous pages will assist us in understanding how and why these changes take place. You will remember that all of our vital force is derived from the food we digest. That this force is being constantly expended in various ways necessary to our best interest. But that it is often wasted by useless expenditure, and that when it is once expended, either wisely or foolishly, it is no more ours, nor under our control, than is the money we have paid for a dinner.

Some people can not accumulate enough vital force to enable them to perform a good day's work, either physical or mental. Others have just enough to enable them to lead a dull, plodding, humdrum existence, while still others have a decided excess over and above what is required in any ordinary work, and they are able to perform wonders in the line of vigorous and protracted labor. It may be physical, and it may be mental effort. Or, if not expended in labor, there is an excess to be disposed of in some other way. This is the class to which belongs the young lady who is *overflowing with life, and fun, and love*, and animation at a social gathering. She has an excess of vital force to be disposed of in some way, and its expenditure in

smiles, and jokes, and vivacity, in games, and dancing, affords her the keenest pleasure, and renders her interesting and attractive to others. This is one of the most important elements of her popularity. But if she was deficient in amateness, and poorly sexed, this excess would be expended in other channels, and would not render her especially attractive to gentlemen. They would prefer the girls less liberally endowed with excess vitality, but possessing in a marked degree, the feminine characteristics.

But a lady possessing both of these attributes, is often almost irresistible, and she will have numerous admirers and suitors.

WHY MANY BRIDES SOON FADE.

Now, if she marries and violates the health laws until this vitality is wasted, and still continues the violation until the supply is reduced to only what is required in a dull, spiritless existence, then her attractiveness and lovely qualities are gone, and she is reduced to a fair specimen of the feminine wrecks to be found in the homes of too many young husbands a few short years after their marriage.

There are various ways by which the excess vitality is wasted, but it is most frequently through the reproductive system, and it is to this source of

waste that we invite your especial attention ; but will remind you, that it is sometimes wasted by the exertion of *unreasonable efforts to get rich* in the shortest time possible. And it is often wasted in both of these ways at the same time.

ILLUSTRATIONS.

Nearly every farmer understands that there is a drain upon the systems of domestic animals caused by motherhood, although he may not know the reason why, and he carefully guards his stock against further unnecessary drain for overwork, inclemency of the weather etc., but he often seems not to have the least idea that the same principles *apply to his wife in exactly the same way*. Almost any farmer knows that it is impossible for a stallion to do the same work required of other horses, and still beget as many, and as fine colts, as would be possible when the stallion is “exercised” no more than just enough to keep him in a good, healthful, vigorous condition. Consequently, a stallion that is kept for breeding purposes, is never expected to work at all, and is only moderately exercised, which leaves him constantly an excess of vital force.

It is the same with mares bearing colts. They can **not** do the same work required of other horses, and

still foal as fine colts, as would be possible if more of their surplus vital force was directed to reproduction, instead of the larger part being expended by the muscles in work. If they could eat and digest two or three times as much food as other horses, it might be possible for them to do the same work as they, and still bear young at the same time.

So the farmer wisely excuses the mare from hard work when she is with foal and he desires a fine colt, but he seldom treats his wife with the same consideration under similar circumstances. It may be that he thinks there is money in raising fine colts, but none in raising babies.

TOO MUCH PHYSICAL WORK.

At all events, it is a common thing for a young farmer's pregnant wife to arise very early in the morning and get breakfast for a large number of work hands, and then take care of the milk and butter, and feed and look after the poultry, and then get dinner for the hungry men, and after clearing away the dishes, to do the mending and other sewing until time to get supper, and after that is disposed of and other work finished, it is perhaps eight or nine o'clock, or later. The next day, and the next, and still the next, it is the same, for weeks and months.

VITALITY WASTED BY INTERCOURSE.

Besides this, many of them submit to sexual intercourse, often several times a week, and sometimes, almost every night.

Is it any wonder that she suffers from "female" weakness, after the birth (perhaps miscarriage) of her first child, and sometimes before? Is it any wonder that the babe is too weak and feeble to live only for a short time, and perhaps not at all; and if it should continue to live, is it any wonder that it should always be puny and sickly, and peevish, and have a disagreeable disposition generally?

When the babe dies, is it a mark of wisdom for a long faced, "solemncholy" preacher to exclaim, "what God hath given, he hath taken away. Blessed be the name of the Lord." Or "the hand of a *mysterious Providence* has been visited in affliction upon this bereaved family, and one of the brightest flowers of earth has been taken from our midst." I say, is that kind of talk under the circumstances, an indication of wisdom? Is it not blasphemy and absolutely damnable? Would there not be just as much reason in speaking of the hand of Providence being

visited upon the old mare, or her colt, when she had been worked so hard that it was impossible for her to drop a strong, healthful foal? As the preacher is looked up to as a teacher, councilor, and guide, would it not be much better for all concerned, both in this world and the next, for him to become familiar with these principles, and endeavor to teach those fools a little common sense, instead of blaming Providence with the results produced by their violation of Nature's laws?

In previous chapters we have discussed the results produced by excessive sexual indulgence, and it is not necessary to repeat them here. We simply refer you to that part of the book; but, as that discussion refers principally to the male, we will add, that the effects upon the female are about the same, except the loss from wasted semen. And when this drain is added to that of childbearing and overwork, it is certainly very plain, that the bloom must soon fade from the cheeks of the most vigorous bride, and her life, hope, and vivacity, must rapidly disappear.

SOCIETY LADIES.

Among the better classes, the actual work demanded of wives is not so great as that required of many farmer's wives. But, if a lady aspires to

popularity in society, the late hours, and excitement, calls, and other demands, together with excessive sexual indulgence, are entirely too severe for the average woman who bears children, and her beauty and vigor must soon disappear. Even the bearing of children alone, if they come in too rapid succession, is too great a drain for most women. A woman can bear superior children and maintain her own vigor, only when there is a sufficient interval between the birth of one babe, and the next, to permit her to regain a stock of surplus vital force.

ABORTION, DANGEROUS.

Many, however, by attempting to regulate or prevent the appearance of children, resort to means of preventing conception, that are even more injurious to the wife, than child bearing, but the scope of this chapter will not admit a discussion of that subject.

Neither can we more than mention the fact, that to produce an *abortion or miscarriage*, is very wrong, and harmful, and dangerous to the life of the mother. For reasons that we can not stop to explain here, it is often many times more dangerous to the mother, than the birth of a babe at full term.

A CONSTANT STOCK OF EXCESS VITALITY,
THE IMPORTANT POINT.

The point that we desire to strongly impress upon your mind, is the fact that the lovely qualities of womanhood, are dependent upon a bounteous supply of vital force, and that the only way these qualities can be maintained, is to maintain a constant stock of excess vitality. It matters not *how* a woman's vitality is reduced, the results are much the same; whether it is by overwork, too many children, unwholesome food, loss of sleep, nervous excitement, improper habits, or the losses caused by too frequent sexual intercourse.

But the losses caused by the latter, deserve a little further discussion.

BUOYANCY AND LIFE DESTROYED BY SEXUAL
EXCESSES.

We will suppose that a young man and woman, both possessing an abundance of vitality to be expended in some direction, good or bad, marry. They are both well balanced, and have led lives above criticism, but both are well endowed with sexual passions. Being well balanced, their excess vitality may be expended in almost any direction. In study, physical work, social pleasure, sexual intercourse or in some other way.

You will remember that the blood centers in the parts of the body that are most exercised, and that these parts are best nourished, and consequently grow stronger, providing the exercise is not carried to the point of exhaustion.

Now, if this young couple faithfully live a life of moderation, they will continue to enjoy the success and happiness and popularity that results from health and vigor in *all* parts of the body. But if they greatly waste their reproductive powers, they will gradually lose all their superior qualities. Their powers will center more and more in the reproductive system, and soon other parts of the body are robbed of proper nourishment and they become weak, and the couple gradually lose all the qualities that before rendered them popular. No excess vitality can accumulate in the body of either, because it is diverted to the reproductive system and is then wasted, instead of being retained and producing brilliant thoughts, fun, vivacity, love, etc. This leaves them both dull, common place, spiritless, unattractive and of no especial interest to anybody, when but a few months before, they were the *center of attraction* at every evening party or other social gathering at which they might appear.

Reader, how many pictures of that kind, modified of course by circumstances and the

individuality of each person, can you find among your own acquaintances?

If these excesses continue, the vitality will be still further reduced, and both will become nervous, weak, peevish, irritable, cross, gloomy, melancholy and decidedly disagreeable, and will eventually reach a condition that renders them fair illustrations of the blighting effects of sexual excesses, as described in former chapters. To the effects, produced by even limited sexual excesses, add the drains caused by motherhood, anxiety, overwork, etc., and it becomes very plain, that their sum of expended vitality is more than any ordinary woman can withstand for many months, and it is no wonder that many young wives fade so soon.

NORMAL, MOTHERHOOD BENEFICIAL.

Yet, marriage and motherhood under favorable conditions, conduce to the highest possible state of womanhood.

The reproductive system of woman is naturally endowed with an excess of vitality. This is necessary to meet the requirements of child bearing. When neither bearing nor nursing a babe, this excess continues to accumulate in her system, until about the end of each twenty eight days, when the

excess becomes so great that relief is necessary, and menstruation occurs. She is, therefore, fully enabled to meet any ordinary and normal demand upon the reproductive system; and it is only these abnormal and unreasonable drains, that greatly injure her.

TWO INTERESTING PICTURES.

Throughout the writing of this chapter, two pictures from among the author's own circle of personal friends, have been constantly coming before our mind's eye, one of which we will endeavor to give you.

Professor H., of Kansas City, one of our former students, a fine specimen of vigorous manhood both physical and mental, very popular with the ladies, and personally acquainted with a large number, failed to meet any sufficiently congenial to justify marriage until the age of twenty-four years, when he met Miss L., a lovely but delicate girl of nineteen, who had been compelled to leave school before graduation, because her physique was not strong enough to enable her to continue her studies. He well knew the value of excellent health and a vigorous physique in a wife, but he thoroughly loved the girl, and determined to risk marriage, and endeavor to assist her to closely observe the laws of health, and build up a more vigorous constitution.



MISS L. AT NINETEEN.

A delicate girl whose failing health had compelled her to leave school.



MISS L. WHEN TWENTY-THREE.

Three and a half years after her marriage. Two years after she became a mother.

One of the portraits of her, shown on page 198, was taken soon after our friend first met her, and the other, about two years after the birth of their first baby. The photos speak for themselves.

THE EXPLANATION.

The explanation of the change, is this—When she was in school, so much of her vital force was appropriated by the intellectual part of the brain, that all other parts of brain and body were left insufficiently supplied. The vital organs, especially those of digestion, were too weak to thoroughly perform their functions. The digestive organs were incapable of doing enough work to furnish all parts of the body with a sufficient amount of vital force, and what little they did furnish, was nearly all appropriated by the intellectual organs of the brain, that being the portion of the body most exercised. The digestive organs being overworked, considering their weak condition, and deprived of sufficient vital force, were constantly becoming weaker, until they could no longer digest enough food to furnish the vitality necessary for the brain to continue its work, and she was compelled to leave school.

WHY LOVE AND MARRIAGE IMPROVED HER HEALTH.

When she met a congenial suitor, and he began to excite, draw out and develop her love, an influ-

ence was exerted upon the entire brain and body. The blood was sent in greater quantities to the lower and back part of the brain, (the location of the social organs,) and to the vital organs, instead of too much going to the intellectual part of the brain. Love and hope increase the circulation, animate and tone up the entire system, and, of course, she began to grow stronger. When she became pregnant, a still greater demand was made upon the vital organs, to supply nourishment to another body besides her own. As this demand was gradual, and normal, and healthful, the digestive organs slowly developed in strength and vigor, in accordance with a principle to which we have constantly referred, viz., every organ is developed by exercise, and can be developed in no other way. A large part of her vital force was appropriated by the vital and reproductive organs, and they were constantly gaining health and vigor. Before the birth of her babe, she was required to circulate and purify its blood by her own heart, lungs, and other circulatory organs, and these organs being normally exercised to meet additional demands, were ever becoming more vigorous. And the same may be said of all her other vital organs.

After her babe was weaned, this increased vigor of her vital organs was utilized in developing her

own physical vigor.

Now, if a large part of her vital force had been wasted in any way whatever, her vital organs would have been over-exercised and exhausted; and instead of her being *improved by marriage*, she would have been injured. Instead of the beauty, love, hope, health, vigor, animation, and all that make life worth living, that we see indicated in her portrait after marriage, instead of this, she would have been a sad, weak, dejected, sorrowful, cross, nervous, sickly wreck of womanhood, who would not interest any man, and who would believe marriage a failure, and men, the personification of all that is brutal, disagreeable, hateful and disgusting.

Young man, in marriage the two roads are before you. In one, you may violate Nature's laws until you have wrecked your own constitution and that of your wife, and you reap a harvest of misery.

The other enjoins prudence, and perhaps self-denial, but it leads to health and the highest pleasures marriage can give. Which will you take?

THE END.

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